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ONE WORLD HYPNOSIS METAPHYSICS SPIRITUALITY PUBLISHING

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In this edition, I delve into the fascinating topic of synchronicities and explore the special significance we often attribute to them, or they attribute to us. We will also take a closer look at the synchronicities that we notice but do not yet fully understand. Together, we will explore the meanings of the Sacred Secretion, Reincarnation, Hermeticism, and Gnosis and discover the insights they offer us. But what truly sets this exploration apart is my connection with the ancient land of Egypt, where I have encountered profound synchronicities that I am eager to share with you, sparking your curiosity and inviting you to delve deeper into this intriguing subject. Get ready for a thought-provoking and uplifting read!

This section of the book is a tribute to the exceptional individuals whose unconventional and non-academic approaches have made an indelible impact on world thought and reshaped our understanding of the world. From the cryptic teachings of Hermes Trismegistus to the profound insights of Carl Jung, their legacies and works continue to inspire and deeply influence our lives. But they are not just historical figures; they are mentors on our journeys of understanding. And you, dear reader, play a pivotal role in this journey. Your curiosity and engagement are what make this exploration significant.

SYNCHRONICITY: MEANINGFUL PATTERNS IN LIFE

My journey, like that of the renowned psychologist Carl Jung, has been punctuated by encounters with strange and unexplainable phenomena. At one point, I was gripped by the fear of losing my sanity, which set me on a quest to decipher the meaning behind these signs, particularly in the context of synchronicity. This personal journey, intertwined with the footsteps of a great mind, has given me a unique perspective that I am not just eager but thrilled to share with you.

The absence of a discernible causal link between these events is not just thought-provoking; it is a breathtaking mystery that challenges us to question the nature of the physical universe. It pushes us toward seeking answers that surpass scientific rationality, invites us to explore the realms of the unknown, and leaves us in awe of the intricate web of life's patterns. This awe, this sense of wonder and curiosity about the mysteries that surround us, is what makes the study of synchronicities so fascinating.

Jung introduced the term synchronicity in 1930, a concept that is as captivating as it is intricate. He defined it as a distinct principle that works in the world, causing things to occur simultaneously, even though they may not be linked. These events are intertwined in a manner and carry a sense of meaning that is often elusive, forming a crucial part of his psychological theories.

Synchronicity, a distinctive principle that works in the world, plays a crucial part in the journey of individuation or self-realization. This transformative expedition is not a straightforward path but a circumambulation where everything is intricately linked to the center. Symbols, such as a sun, a castle, or a golden flower, are not plainly important but are the very essence of the self's evolution. With its symbol at the center, the mandala becomes a visual representation of the divine pattern, a tangible expression of the self.

A socially distanced circumambulation of the Kaaba during Hajj 2020 in the shadow of the coronavirus pandemic.

Causality is the concept that elucidates the link between two events that occur in sequence. For example, when we strike a billiard ball with a cue, the ball moves. The cue is the cause of the ball's movement. In contrast, synchronicity refers to meaningful external

and internal events that cannot be causally connected. The emphasis here is on the word meaningful, highlighting the unique nature of synchronicity. It is a concept that challenges our understanding of cause and effect, inviting us to explore a different realm of connections.

People often do not talk about these things for fear of exposing themselves to thoughtless ridicule. It goes beyond the chance and possibility.

The concept of the pleroma (the totality of divine powers) in Gnosticism refers to the being of the divine life. It is believed to encompass the eons and the uncreated monad from which they originated. The pleroma is where the past, present, and future exist simultaneously, suggesting that everything that will happen has already happened. This is the essence of synchronicity, often seen as a mystical phenomenon.

To better understand others' intentions and importance, we must explore the unconscious and adjust our attitude accordingly. Therefore, the synchronistic effect should be viewed as a normal phenomenon, not psychotic or magical.

Jung gave us a suitable example of synchronicity: “I remember the story of a student friend whose father had promised him a trip to Spain if he passed his final examinations satisfactorily. My friend thereupon dreamed that he was walking through a Spanish city. The street led to a square, where there was a Gothic cathedral. He then

turned right around the corner into another street. He was met by an elegant carriage drawn by two cream-coloured horses. Then he woke up."

"Shortly afterward, having successfully passed his examinations, he went to Spain. Remarkably, he found himself in the very area he had dreamt about. The square and the cathedral, which he had seen in his dream, were right before his eyes. His desire to head straight to the cathedral was momentarily halted by the memory of his dream's direction - a right turn.

As he turned the corner of another street, he could not help but wonder if his dream would continue to manifest in reality. To his astonishment, he was met with the sight of a carriage drawn by two cream-coloured horses, just as he had dreamt."

For Jung, the feeling of deja-vu is not a mere coincidence but a result of foreknowledge in dreams that can manifest in the waking state. In this case, the chance occurrence is not random but a known event that has been experienced in a dream.

Jung's most well-known example of synchronicity is that of the scarab, a crucial Egyptian symbol standing for the archetype of rebirth. Jung tells the following story as an example of a synchronistic event in his **1960** book Synchronicity:

"By way of example, I shall mention an incident from my observation. A young woman I was treating had, at a critical moment, a dream in which she was given a golden scarab. While she was

telling me this dream, I sat with my back to the closed window. Suddenly, I heard a noise behind me, like a gentle tapping. I turned round and saw a flying insect knocking against the windowpane from outside. I opened the window and caught the creature in the air as it flew in. It was the nearest analogy to a golden scarab that one finds in our latitudes, a scarabaeid beetle, the common rose-chafer (Cetonia aurata), which, contrary to its usual habits, had felt the urge to get into a dark room at this particular moment.

It was an extraordinarily difficult case to treat, and up to the time of the dream, little or no progress had been made. I should explain that the main reason for this was my patient's animus, which was steeped in Cartesian philosophy and clung so rigidly to its own idea of reality that the efforts of **three** doctors—I was the **third**—had been unable to weaken it. Something quite irrational was needed beyond my powers to produce. The dream alone was enough to disturb ever so slightly the rationalistic attitude of my patient. But when the scarab came flying in through the window, in actual fact, her natural being could burst through the armour of her animus possession, and the transformation process could, at last, begin to move.

This suggests that abnormal random phenomena may occur when a vital need or urge is aroused. Jung handed the creature to his patient with the words. Here is your scarab. The experience broke the eyes of intellectual resistance. It helped her contact her feelings

and had a transformative impact on her connecting her dream world to her waking life. Her ego died, giving birth to a new self."

Jung uses these examples only as a paradigm of the innumerable cases of meaningful coincidence that he and others have seen and recorded in extensive collections. Synchronicities accompany the crucial faces of the individuation process. Still, too often, they pass unnoticed because the individual has yet to learn to watch for such coincidences and to make them meaningful to his inner life.

Be on the lookout for events that may seem random and see what meaning might come up for you. Synchronicity is a way of realizing what is in our deepest, undiscovered self. It is an ever-present reality for those who have eyes to see.

Since **2008**, I have constantly asked myself a provocative question about my anointment: "Why me?" Despite never being religious or church-going, I used to rebel like a youth and even claimed to be an atheist at one point. However, reflecting on those times, I see it as a display of youthful rebellion.

I have worked as a full-time hypnotherapist in private practice since **2014/2015**. I first became a hypnotist around **1986** in Los Angeles. My first motivation was to become a stage hypnotist, as I had seen Pat Collins, the famous nightclub owner in Hollywood, performing hypnosis on stage. However, I soon realized I had a short attention span and decided to pursue a different path.

In **2014**, I rekindled my interest in hypnotherapy and studied it at The Florida Institute of Hypnotherapy. This led me to delve into metaphysics. (twenty-eight years later, **28=2+8=10**)

Throughout my life, I have always been skeptical of indoctrinated education. Education should be free from bias or propaganda, and students should be encouraged to think critically and question everything they learn. As a result, I have avoided any formal education that I felt was indoctrinated and focused on recognizing and developing my innate (gnostic) knowledge.

As I delved deeper into the practice of hypnotherapy, I became increasingly fascinated by its esoteric and mystical aspects. I began noticing more synchronicities and coincidences in my daily life, and I became convinced that there was more to the world than we can see with our physical senses.

In my search for a deeper understanding of these phenomena, I discovered The University of Metaphysics and The University of Sedona. These institutions offer formal education in metaphysical and spiritual subjects without the dogma and indoctrination often found in more traditional religious institutions.

Through my studies at these universities, I gained a deeper understanding of the interconnectedness of all things and learned to tap into the hidden wisdom of the universe.

Returning to school has allowed me to differentiate between innate (gnostic) and indoctrinated knowledge and the importance of

each in our lives. Innate (gnostic) knowledge is acquired through our experiences, observations, and interactions with the world and beyond. On the other hand, indoctrinated knowledge is the knowledge taught to us by others, including our families, teachers, and society (innate = subconscious and indoctrinated = conscious).

Whether we opt for formal education or a combination of both, reflecting on what we learn and continuously questioning and challenging our beliefs are essential.

YOU NEVER KNOW FROM WHEN OR FROM WHERE

In the chapter The Coming Home, I share the story of a **90**-year-old man I met while on a golf course. Out of nowhere, he became intent on sharing a story about my grandfather and their youth and an incident that occurred while they were working together. This story would answer a lifelong question that my brother John had about our grandfather, which he had shared with me just the day before.

In **2023**, while living in Ottawa, I practiced hypnotherapy, focusing on metaphysics and spirituality. One day, a young woman named Tina requested a first consultation. I first met Tina on **May 19, 2023**; she was such a ball of positive energy.

Tina had recently returned from a solo trip to Costa Rica for a spiritual retreat, where she experienced ayahuasca. Now, she seeks a way to make sense of her experiences. We worked together weekly

when, in **November 2023**, she sent me a YouTube video link called The Sacred Secret— "It Happens to Your Pineal Gland Every 29 ½ Days." I rolled my eyes (to myself) and thought, "Ok, whatever, someone is sharing their aha moment with me." – which is a regular event in my life. Little did I know, and I was about to learn, that this would be **MY AHA** moment – and what an exhilarating moment it was and still is.

Tina and I played essential roles as messengers in passing on crucial information. My brother had a question he could not answer himself, and I was the channel to his answer. I was waiting for an answer to my supernatural experience. Tina conveyed something of utmost importance that I needed to know.

JOHN RALPH GRAHAM

July 20, 1956 – July 26, 2016

John passed away on Tuesday, **July 26, 2016**, at the age of **60**. He will be deeply missed by his mother, Peggy; his son, Brandon; Brandon's mother, Bev; his sisters, Debbie and Mary Ellen; and his brothers, Michael, Jim, Gord, Chris, and Steven. He was preceded in death by his father, George. John will also be missed by his beloved partner of over 20 years, Robin, her daughter Michelle, and son-in-law Colin.

THE SACRED SECRETION

If you have not yet delved into the opening chapter of “Reading Life Backward 2024 Alchemy: A Metaphysical Metaphor & Conscious-Centered Living Calling Everything into Question”, or in this edition, The Anointment, or if it has been a while since your last exploration, I encourage you to revisit it. The chapter is not just a prologue; it is a stage-setter that lays the foundation for the rest of the book. Its unique narrative style and intriguing plot points are crucial to grasping the depth of 'The Sacred Secretion' and “Reading Life Backward.” By revisiting it, you will unlock a new level of understanding that will inspire you to continue your journey.

Even while writing the chapter, The Anointment, I did not know what it was about. What I did feel is that I was compelled to write it down - to document it. It made no sense to me. I recall thinking, 'anointment,' really? Where did that word come from? But there it was. And the water turning into oil? In today's vernacular, WTF?! And the opening of my chest and what I now know to be the solar plexus. I was filled with a mix of confusion, awe, and a strange sense of calm. What was going on, and where was this information coming from?

You might be wondering why the solar plexus is essential. Our solar plexus, or celiac plexus, is a compilation of nerves and ganglia (ganglia, plural for ganglion, are groups of nerves or brain cells that are closely related) in our abdomen near the diaphragm and behind our aorta.

The solar plexus chakra, also known as the third chakra or Manipura chakra, is not just a part of our body; it is a unique source of spiritual empowerment. It is responsible for self-esteem, boundaries, and willpower. By actively engaging with the solar plexus chakra, we unlock more profound levels of authenticity, stand in truth, and enhance courage and gut (our first brain) intuition. Understanding the solar plexus chakra is a key to personal growth and empowerment.

The thymus gland, a soft organ between the ascending aorta and sternum, is an integral part of the solar plexus chakra. It is large in babies but begins to shrink after puberty, becoming small in adulthood. This shrinkage might be related to the separation of our true nature as we reach adulthood.

For my life, the area of my solar plexus and sternum was off-limits to touch, even by my own hand, which I often thought was odd because no one else I knew was experiencing the same.

The Higher Chakras, at the Higher Heart, found over the Thymus Gland, is behind your upper breastbone. This chakra is "The Gate To Christ Consciousness," and when it is opened, you begin your ascension into Christ Consciousness, or "The Kingdom Of Heaven" spoken of by Jesus The Christ. The Greeks believed your thymus was home to your soul. Thymus means "soul" in Greek.

Opening this chakra requires healing others on an individual level, motivated by compassion for them; balance of your Heavenly /

Earthly activities (Meditation, Light work, Earthly responsibilities); and balance of your Inner Male / Inner Female energies (At this higher level, this also results in the union in the balance of The Divine Father and The Divine Mother.) Through their union in balance, The Divine Child / The Christ Child / Christ Consciousness is conceived.

You now have your connection to your Higher Self or personal Aspect of Spirit. Still, to `see' Spirit clearly, you must open your Higher Brow chakra (At the top of the head). This allows you to see clearly in The Light of Spirit.

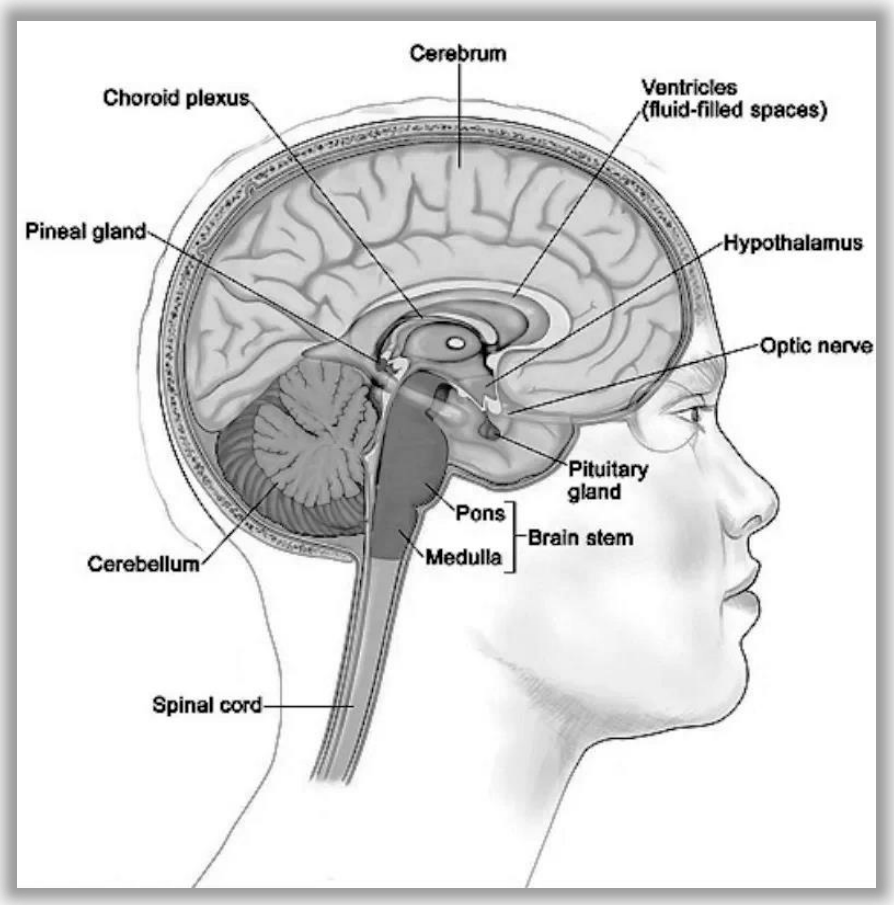
To channel or speak with The Voice of Spirit, one must open the Higher Throat chakra, which is found at the base of the skull, at the back of the neck.

Across diverse spiritual traditions, a common thread weaves through the concept of a sacred secretion. Known by different names, this secretion is a universal belief that within every human being, dormant at the base of the spine, exists the primordial energy of the universe. When awakened, this energy travels up the spine, unleashing its full power to the summit of our brains, a process often referred to as third eye opening or pineal gland activation.

The spiritual beliefs and practices of this dormant energy coiled at the base of our spine are referred to as Kundalini in ancient Indian traditions or as the process of raising the chrism in Gnostic Christianity. In yogic terms, it may be referred to as the spiritual

spine. The knowledge of this energy has been hidden in religious traditions, only accessible to a select few.

The pages of historical records hold a map of human consciousness that guides us toward achieving enlightenment. These records offer hints to help us decode and understand this path toward awakening. The Bible, for instance, has clues written in a code that requires effort to decipher.

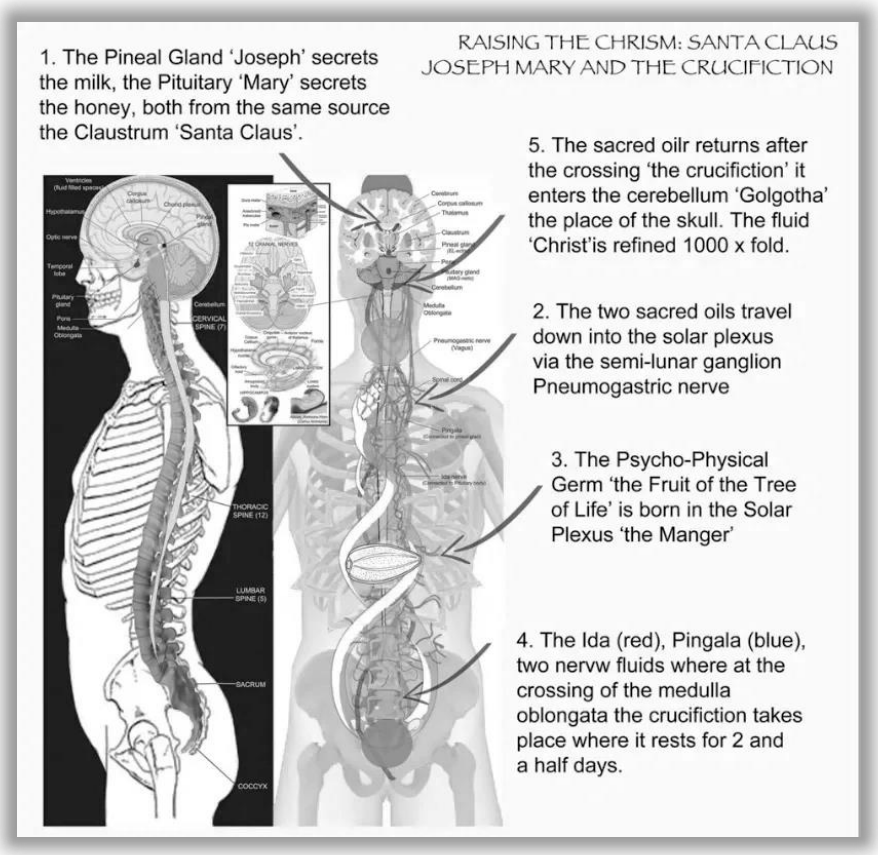


The sacred secretion of "Christ is in you" reveals the mystery of these words. According to Dr. George W Carey's book "God-Man, The Word Made Flesh," published in **1920**, the Temple of God is your body rather than a physical place you visit. Dr. Carey combined religion, astrology, anatomy, and chemistry in his works and wrote that seed, word, and God is all synonyms of the same thing. He explained that an extraordinary creative substance, from which all things are brought forth, is in everything, and everything is in it. The Bible's Scriptures, allegories, and parables are the only writings providing information about God's word.

"Seed is the source, the core of all existence. Therefore, a seed marks the start. The creative force that brought everything into being is present within you. This creative power is known as Christ, as the wise men of old have noted. According to their teachings, Christ's resurrection and rebirth occur within every individual at the appointed time."

In the book "God-Man," there is a chapter called "The Antichrist," where Dr. Carey discusses the Roman Emperor Constantine and his manipulation of the Bible to conceal the truth about man. According to Carey, the Primitive Christians or Essenes taught that Christ was a substance, expressly an oil or ointment, contained within the spinal cord. As a result, every nerve in the body is directly or indirectly connected to the river that flows out of Eden, which refers to the upper brain and waters the garden.

The early Christians understood that the scriptures, written in ancient Hebrew or Greek, were symbolic stories based on the human body, which is fearfully and wonderfully made. These wise individuals knew that the gray matter creative, a secretion that comes from the cerebrum, was the source and cause of the physical expression called man. They also knew that the river of Jordan was a symbol of the spinal cord, and the Dead Sea used to be the sacred place at the base of the spinal column, where the spinal cord ends. This symbolizes Jordan's entrance into the Dead Sea.



When the oil or ointment is crucified, to crucify means to increase in power a thousandfold, not to kill. The moon's period is a sign in the tomb, cerebellum, and on the third day, ascends to the pineal gland that connects the cerebellum with the optic thalamus, the central eye, and the throne of God. That is the Chamber overtopped by the hollow, hallowed caused by the curve of the cerebrum, the height of the body, which is the temple of the Living God, the living, vital substance which is a precipitation of the breath of life breathed into man: the Holy Ghost.

The pineal gland, referred to in the Bible as Mount Pineal, is known as the pinnacle of the temple. As the author claims, Jacob wrestled with the Angel of the Lord at this location.

In another section of the book, the author discusses activating the fluid oil or marrow that flows down the spinal cord. He explains that this fluid comes from the upper brain, which he refers to as the Creator or Father: The Most High. In physiology, it is known as the ovum or generative seed. This life essence creates the human form of corruptible flesh.

In the Greek language from which the New Testament was translated, the term used to refer to this marrow is "Christ," the Greek word for oil. When this oil is purified, transformed, elevated, and raised, it becomes so highly vitalized that it can regenerate the body and overcome death.

The text is a spiritual and metaphorical explanation of the human body's spiritual and physical properties. It talks about lifting the seed, the word, the saviour, Christ in the spinal cord, which is the salt mentioned in the Bible. The text explains that salt and the saviour come from the same source, the upper brain or the Father. The pineal gland and the pituitary gland, found on either side of the thalamus, are special laboratories of the head that differentiate the colostrum fluid. The pineal gland secretes yellow or golden fluid, while the pituitary gland secretes whitish fluid like milk. These fluids come from the same source, called colostrum, a precious and holy fluid. The text refers to this fluid as Saint Claus or Santa Claus, which is indeed a sacred gift in the body of each one of us. The precious fluid that flows down from the claustrum separates parts going into the pineal gland and parts to the pituitary gland. The pineal gland becomes yellow and has electric properties, while the pituitary gland has magnetic properties.

The two glands in the human body are often called the Joseph and Mary of the physical body since they correspond to the male and female reproductive organs. These glands produce a yellow and white substance, likened to the milk and honey mentioned in the Bible. This substance eventually reaches the solar plexus of each human being, where it gives birth to the spiritual son. The semi-lunar ganglion, also known as the Bethlehem of the physical body, acts as a

connector between the glands and the solar plexus. This process usually begins around the age of **twelve**.

Jesus used the term "bread of life" as a metaphorical reference to himself. The solar plexus has a thimble-shaped depression resembling a manger or cave. This is where the Immaculate Conception's psychophysical seed or holy child is deposited. This seed is also called the fish because it has a fish-like odour and is formed in pure water. Saint Augustine used the term "fish among the waters" to refer to Jesus.

Before birth, the human fetus and the fluids surrounding it float in a way that is similar to fish. The child born spiritually in the solar plexus, Bethlehem, is identical to the child formed on the generative plane. Joseph and Mary symbolically paid the redemption by providing the material for the spiritual child to create a body in the generation.

Holy Ghost means breath in Greek. It descends the pneumogastric nerve into the solar center, where Joseph, Mary, and Jesus are. The Holy Ghost conceives the seed.

The concept of "sacred secretion" suggests that the pituitary and pineal glands can produce various oils, including golden melatonin and honey from the pineal and oxytocin and vasopressin milk from the pituitary. These oils meet within the skull's crucible.

In the Bible, the location known as Golgotha means Skull in Hebrew, also called Calvary. The word Calvary comes from the Latin

calva, meaning skull. The cerebral spinal fluid is called the oil of God's Christ or Christos, the oil of anointing. It is produced in the claustrum, which is found in the midbrain. The word claustrum comes from the Latin word cloister, which means an enclosed or covered walkway in a covenant. It is believed that the fluid comes down from heaven. Heaven comes from the word hyphon, which means both sky and the place where God dwells.

The text describes a process by which a mixture travels down the spine with the cerebral spinal fluid until it reaches the solar plexus, where it stays for **2.5** days. This period is Christ's burial in the tomb. If the mixture is not destroyed during this time, it travels back up the spine into the brain, creating a resurrection or rebirth experience. The **2.5** days are associated with the moon being in the sun, which signifies one's birth each month. However, the Christ seed is often destroyed by what is referred to as sin before this process can take place, usually due to ignorance of the story itself or inappropriate diet, overeating, semen ejaculation, and alcohol consumption.

According to this theory, the Bible's narrative revolves around Christ's birth, death, resurrection, and rebirth, but in the context of an internal process within the body. When a person raises the Christos oil to their cerebrum and awakens the Christ within, they undergo a transformation and transfiguration.

To quote Dr. Carey once more from his book God-Man: “Man has turned his mighty power to every object and principle of force in the universe except himself—the greatest miracle of all. When man focuses his divine thinking lens upon himself, he will realize that he is the epitome of unlimited cosmic energy.”

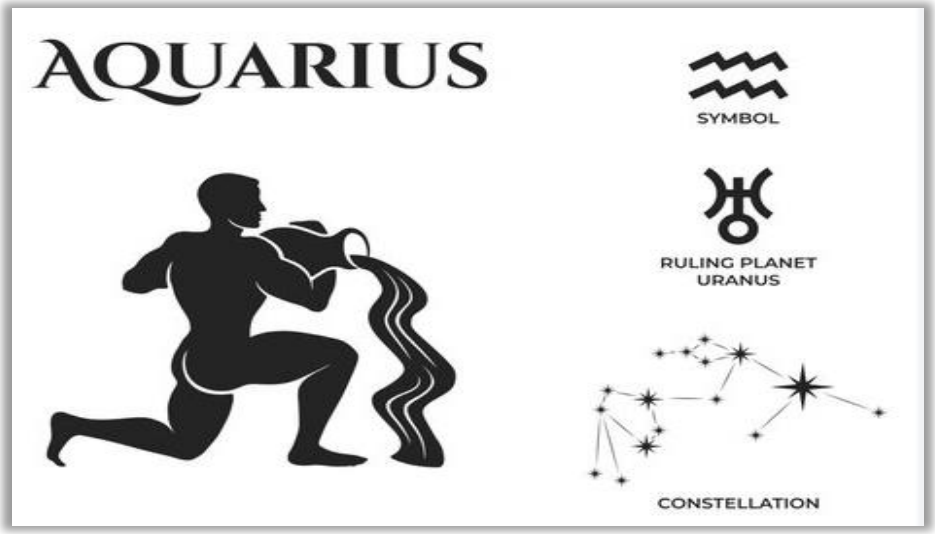
Each chapter in “Reading Life Backward In the Beginning” and “Reading Life Backward **2024** Alchemy: A Metaphysical Metaphor and Conscious-Centered Living Calling Everything into Question” was a puzzle, and in later chapters, I have detailed a series of mysterious events that began in **2001** and continue to this day. Although mysteries are still unsolved, more pieces are becoming known, hinting at intriguing secrets that are about to be discovered.

The puzzle pieces have appeared from various locations and social classes, including the sun-drenched West Hollywood Hills, the tropical paradise of Honolulu in Hawaii, the desert oasis of Palm Springs in California, and the capital city of Canada, Ottawa, Ontario.

In January **2024**, I moved to a new apartment on Gilmour Street in Ottawa, Ontario, Canada. Before that, I had lived in an apartment on **201** Metcalfe Street, apartments **25**, **15**, and **10,** for two years. Unfortunately, the building was sinking into the ground, and the management company did not support its cleanliness correctly and ensure the safety of the tenants. Consequently, the atmosphere in the building became highly negative, and it was time for me to find a new place to live. This experience made me realize

how drastically one's circumstances can change from being a favoured individual, “a landlord’s dream,” to becoming the worst tenant ever when you are no longer useful.

I started the new year, **2024**, with what I felt would be a milestone birthday and moved to a new apartment, which felt like a blessing. Moving away from the negativity of Metcalfe Street gave me hope and reassurance. I encountered synchronicities, which I attributed to a positive move. However, I soon realized that appearances can be deceptive. Negativity can shadow synchronicities, and one must exercise faith through these shadows of doubt.



<u>Diamond birthdays</u> occur when the last two digits of a person's birth year match their age. For example, I was born in **1962** (**1+9+6+2=18 = 9** divisible by three is significant as well, will learn), so my diamond birthday is my **62nd (6+2=8).**

<u>Platinum birthdays</u> happen when a person's age matches the numerical birthday date when flipped. For instance, I was born on January **24**, so my platinum birthday was when I turned **42 (4+2=6**) in **2004 (2+0+0+4=6).** In **2004**, I was living in Montreal, Quebec, when my spiritual awakening went into overdrive.

<u>Golden birthdays</u> occur when a person's age matches their birth date. For example, I was born on January **24**, so my golden birthday was when I turned **24 (2+4=6)** and **(1986 = 1+9+8+6=24=2+4=6)**.

These are crazy synchronicities I noticed when I moved into my new apartment on January 24, 2024.

My (diamond) Birthday:	Wednesday, January **24, 2024**
The day I was born	Wednesday, January **24, 1962**

Notice my diamond birthday also shares the same day of the week.

Age:	**62**		
Birth Year:	**62**		
Birth Date:	**24**	**2+4=6**	*I am **6th** child*
The Year:	**2024**	**2+0+2+4=8**	
			eight *kids in the family*
Life Path	**7**		
			*Seven survivors in the family in **2024***

When Wednesday is added as the **third** day of the week, **3+1+2+4+1+9+6+2 = 28 = 2+8 = 10** is the total family number when everyone was living (two parents and eight children).

I want to share my birth chart as we acknowledge the synchronicity of numbers. Birth charts have always inspired me, and I believe that you, too, can benefit from the insights that your birth chart can provide. Let's explore this further!

☉

SUN
AQUARIUS, 4°0'52"
FIRST HOUSE

The sun determines your ego, identity, and "role" in life. It's the core of who you are, and is the sign you're most likely to already know. Your Sun is in Aquarius, meaning you are fundamentally unconventional and anti. Comfortable dissenting or straying from the norm, your intellectual talent of abstraction is oriented towards pushing the boundaries of what seems reasonable. You carry a lot on your shoulders and have need to fight for the underdog. It's in your first house, meaning you feel the need to distinguish yourself from others through your self and self-image—and, because it's your first house, your Sun in Aquarius is hyper-present in your personality.

↑

ASCENDANT
CAPRICORN, 13°12'31"
FIRST HOUSE

Your ascendant is the "mask" you present to people. It can be seen in your personal style and how you come off to people when you first meet. Some say it becomes less relevant as you get older. It changes every two hours, so if it doesn't make sense, reconfirm your birth time to be sure. Your Ascendant is in Capricorn, meaning you come across as conservative, serious, and rational—perhaps even grave. You seem to make decisions in a responsible, practical, and prudent way. Your ambitions may come off as opportunistic.

☽

MOON
VIRGO, 14°34'45"
EIGHTH HOUSE

The moon rules your emotions, moods, and feelings. This is likely the sign you most think of yourself as, since it reflects your personality when you're alone or deeply comfortable. Your Moon is in Virgo, meaning your emotional self is analytical, responsible, and pacifying. A bundle of nerves, you struggle with a need to be pure that may come out in self-sacrificing or nitpicky tendencies. It's in your eighth house, meaning you find security and safety through darkness, taboos, rebirth, sex, and transformation.

intellectual pursuits. It's in your first house, meaning you find success through your self and self-image—and, because it's your first house, your Jupiter in Aquarius is hyper-present in your personality.

♄

SATURN
AQUARIUS, 2°26'56"
FIRST HOUSE

The other social planet, Saturn rules responsibility, restrictions, limits, boundaries, fears, and self-discipline. Your Saturn is in Aquarius, meaning you struggle with obstinacy, a superiority complex, and being overly detached. It's in your first house, meaning you have had difficulties with your self and self-image—and, because it's your first house, your Saturn in Aquarius is hyper-present in your personality.

♅

URANUS
LEO, 29°30'37"
EIGHTH HOUSE

Uranus stays in each sign for seven years, meaning it rules a generation more than a person. It rules innovation, rebellion, and progress. Your Uranus is in Leo, meaning other generations are shocked by your generation's authoritativeness, idealism, boldness, and self-obsession. It's in your eighth house, meaning that for you, this manifests in rebelling against dated expectations about darkness, taboos, rebirth, sex, and transformation.

♆

NEPTUNE
SCORPIO, 13°22'39"
TENTH HOUSE

Neptune stays in each sign for around fourteen years, meaning it rules a generation more than a person. It rules dreams, imagination, and the unconscious. Your Neptune is in Scorpio, meaning your entire generation finds inspiration through passion, intensity, and darkness. It's in your tenth house, meaning that for you, this manifests in your ideal—verging on unrealistic and impractical—about success and responsibility.

♇

PLUTO
VIRGO, 9°40'18"
EIGHTH HOUSE

Pluto stays in each sign for up to thirty years, meaning it rules a generation more than a person. It rules power, intensity, obsession, and control. Your Pluto is in Virgo, meaning your generation's psyche is comparatively critical, perfectionist, methodical, intentional, and organized. It's in your eighth house, meaning you personally are transforming outdated taboos around darkness, sex, and transformation.

☿

MERCURY
AQUARIUS, 21°55'25"
FIRST HOUSE

Mercury determines how you communicate, talk, think, and process information. It also indicates how you learn. It is the mind's planet. Your Mercury is in Aquarius, meaning your intellect is insightful, unconventional, and super meta. You have a rich imagination that allows you to think in a way that is abstracted from daily life. You enjoy intellectual banter, though you sometimes push your ideas on others. It's in your first house, meaning you are curious about and inclined to analyze your self and self-image—and, because it's your first house, your Mercury in Aquarius is hyper-present in your personality.

♀

VENUS
AQUARIUS, 3°18'23"
FIRST HOUSE

Venus determines how and what you love. It indicates how you express affection and the qualities you're attracted to. Your Venus is in Aquarius, meaning your romantic side is unconventional, intellectual, and somewhat detached. You can be bubbly and obvious when you like someone, but typically you prefer forms of intimacy less obvious than romance. It's in your first house, meaning that for you, love is often expressed in your self and self-image—and, because it's your first house, your Venus in Aquarius is hyper-present in your personality.

♂

MARS
CAPRICORN, 23°26'31"
FIRST HOUSE

Mars is the planet of aggression. It determines how you assert yourself, take action, and the energy that surrounds you—particularly in your sex life, your ambitiousness, and when you're angry. Your Mars is in Capricorn, meaning you assert yourself in a way that is responsible and efficient, and you think things through very intentionally. Highly motivated by ambition, your rationality sometimes seems soulless. It's in your first house, meaning you put a lot of energy into your self and self-image—and, because it's your first house, your Mars in Capricorn is hyper-present in your personality.

♃

JUPITER
AQUARIUS, 15°52'39"
FIRST HOUSE

One of the two social planets, Jupiter rules idealism, optimism, and expansion. It's also very philosophical. Your Jupiter is in Aquarius, meaning you grow and find understanding through detached analysis and

IS THERE SUCH A THING AS AN INSIGNIFICANT SYNCHRONICITY?

Although synchronicities can significantly affect our lives, it is essential to note that not all synchronicities hold the same importance. Sometimes, what we perceive as synchronicities are random events or coincidences. Or could it be a simple matter of waiting and seeing? This thought has often crossed my mind, and I have concluded that all synchronicities are essential, no matter the size.

Sometimes, we may encounter synchronicities that do not profoundly change our lives but still perplex us. For example, we may experience minor synchronicities like seeing a particular number multiple times during the day or listening to a song on the radio that reminds us of a memory. These occurrences may appear unusual but are not necessarily unimportant or meaningless.

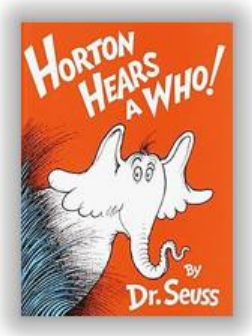
On the other hand, significant synchronicities can also completely change our lives. These synchronicities are often associated with pivotal moments, such as meeting a significant person, receiving an important message, or encountering a coincidence that provides profound insights and guidance.

Recognizing the difference between synchronicities can lead to personal growth. However, not all synchronicities have the potential for immediate inspiration or a deeper understanding of ourselves or the world around us.

Synchronicities can have tremendous implications for our lives, offering valuable insights, guidance, or moments of connection. However, even seemingly insignificant synchronicities can serve as reminders or moments of reflection, reminding us of the interconnectedness of all things and helping us appreciate it.

In his famous children's book Horton Hears A Who, the renowned philosopher and writer Dr. Seuss imparts a valuable lesson that has resonated with countless generations: "A person's a person, no matter how small." This statement is a powerful reminder that everyone deserves recognition regardless of size or stature.

Likewise, when it comes to synchronicities, no matter how seemingly insignificant, they are still noteworthy and should not be dismissed. These meaningful “awarenesses” can profoundly affect our lives, and it is essential not to overlook them and to be open to the messages they hold for us. It is important to note that even the smallest synchronicities should be considered, as they may have more importance than we realize.



A synchronicity is a synchronicity, no matter how small.

Since **2001**, I have been documenting synchronicities that I have noticed. Over time, I have come to appreciate the connections between unrelated events. It is a beautiful reminder that life has a way of weaving small moments into something meaningful. However, these connections can also be overwhelming and frightening, causing intense physical reactions like nausea.

I have noticed synchronicities that I would like to share. These synchronicities are interconnected, and I will list them in no particular order. To begin with, I have recently moved into a new apartment at **420** Gilmour Street, Apt **208,** in Ottawa, Ontario, Canada.

After finishing the setup of my new place, I turned on my computer and noticed that the screen saver displayed a pyramid and Sphinx. It had been a few days since I last used the computer. You might assume that Microsoft chose this particular image based on my search browser history and cookies. While that may be true sometimes, it does not apply to this situation based on my past synchronicity experiences.

I have searched hundreds of online sources on Egyptian history for decades, but never has an Egyptian-themed screensaver been displayed. Also, notice the **9:30** am, which adds up to **twelve** and reduces to **three**.

Number **three** is often associated with creativity, communication, expansion, and manifestation. It is the Trinity, the

unity of mind, body, and spirit, and the interconnectedness of all things. Its energy is vibrant, dynamic, and full of potential.

THE DIVINE TRINITY

The number three holds significant meaning in various spiritual traditions, such as Christianity and Hinduism. It symbolizes the divine trinity, being the unity among the distinct aspects of divinity and creation. Christianity signifies the balance and harmony between Father, Son, and Holy Spirit, while Hinduism is the balance and harmony between Brahma, Vishnu, and Shiva.

CREATIVE EXPRESSION

The number three is deeply connected with creativity, which can be expressed through various forms such as art, music, writing,

and more. The energy of number three encourages us to tap into our inner talents and share them with the world. When we embrace and use this energy, creativity flows naturally. Whether you are inspired to photograph (which I was), paint a masterpiece, or compose a beautiful song, number three inspires us to express ourselves authentically. When we express ourselves authentically, we are expressing the Divine within us.

COMMUNICATION AND COLLABORATION

Effective communication is a significant aspect associated with the spiritual significance of the number three. It represents practical expression, active listening, and open dialogue. Those influenced by the number three have exceptional communication skills and can easily express their thoughts and ideas. Collaboration and teamwork are also emphasized, as the number three promotes cooperation and unity.

EXPANSION AND GROWTH

Number three is a powerful reminder to embrace growth and expansion in life. It calls us to venture beyond our comfort zones and explore new possibilities. When we align with its energy, we open ourselves to abundant opportunities and experiences. The number three inspires us to expand our personal and spiritual horizons and embrace the richness and beauty of the world around us.

THE TRINITY WITHIN

Recognize that the spiritual meaning of the number three goes beyond external circumstances. It reminds us of our internal trinity: mind, body, and spirit. When these elements are in harmony, we can experience genuine peace and fulfillment. The number three inspires us to nurture and balance all sides of our being.

The COVID-**19** pandemic caused the temporary closure of my hypnotherapy practice, leading me to take on a concierge job at SOBA condominiums at 203 Catherine Street in Ottawa, Ontario.

Synchronicities can leave us feeling inspired and in awe of the universe. One such moment happened when I spoke with Celeste Colpaart, a real estate representative at SOBA condominiums, about the significance of the number three. Later that day, Celeste sent me a picture of her clock displaying the number three. It was a beautiful reminder that we are all connected and that the universe has a way of showing us that we are on the right path. And look at all of the number three combinations on the clock.

The biggest challenge in our journey is to keep a state of mindlessness, free from our ego and preconceived notions. It is essential to overcome the distorted perceptions caused by a faulty memory system. Whether that affects our yester-day, yester-year, or yester-life, being aware of this challenge is the first step towards self-actualization.

Flora, the most personable resident at SOBA condominiums

THE MEANING OF NUMBERS

I will use numbers that often appear in my daily life as an example.

The number three is often considered a symbol of power and luck. It stands for the fundamental principles of life, such as mind, body, and spirit; birth, life, and death; beginning, middle, and end; past, present, and future; and so forth. Spiritual traditions see the spiritual force as a triune, such as the Father, Son, and Holy Spirit. The number three inspires creativity, passion, intuition, success, and good fortune.

The number six embodies a perfect balance between the physical and spiritual realms and serves as the gateway to our intuition. It is a symbol of love, beauty, equality, and caring. Numerology views six as the number of compassionate caretakers who nurture and show kindness to those around them.

The number eight symbolizes abundance, prosperity, and financial well-being. It embodies qualities such as resourcefulness, hard work, determination, and inner strength. From a spiritual perspective, the number eight represents balance and unity between the conscious and the subconscious, as well as the physical and the spiritual. This reminds us that our actions today decide our future outcome: we reap what we sow.

The number nine holds great significance as it symbolizes fulfillment, wisdom, self-examination, and enlightenment. It inspires

us to explore our higher purpose and ultimate life mission while encouraging us to take a bird's-eye view of our lives, thus leading us toward higher consciousness.

Ten is the embodiment of completion, marking the end of a cycle and the attainment of unity. It is the integration of our fragmented selves and encompasses both the masculine and feminine energies within us.

3-6-9 DIVINE CODES

Nikola Tesla, a renowned inventor and physicist, believed that the statement **3-6-9** was a crucial key to unlocking the mysteries of the universe, magnetism, and creation. This numerical sequence, known as a powerful and important language, is the source of all creation. The golden ratio, a geometric pattern that is the root of existence, is present in all living organisms, including humans, animals, plants, and insects. Understanding the principles behind the **3-6-9** sequence and the golden ratio leads to groundbreaking discoveries and innovations in various fields.

The Giza Aurai and correlation theory unveils a fascinating connection between the three largest pyramids of Giza and the belt of the constellation Orion, inspiring us to marvel at the builders' wonders. Three is the first number that forms a geometrical figure, the triangle (pyramid).

It symbolizes harmony, wisdom, and understanding. It represents time in the past, present, and future, as well as the three ethical principles: think good, speak good, and act good.

It is the primary colours of red, yellow, and blue that can be combined to make all other colours. It also symbolizes the beginning, middle and end, as well as the birth, life & death cycle.

Did you know that in mathematics, the number six is unequivocally the first perfect number? It is the only number in which the sum of all its divisors. When you add the divisors of six (1, 2, and 3), the sum is equal to six itself. This fascinating property makes six stand out as a unique and exceptional number in the world of mathematics.

The Sixth Sense refers to the ability to perceive information beyond the five physical senses. It is often referred to as intuition. The number six is the atomic number for carbon, which is the basis of organic life on Earth.

In the second chapter of the Gospel of John, verses 6 through 9, Jesus miraculously transforms water into wine. Moreover, according to the philosophy of Samsara, also known as the wheel of life, there exist six spheres of existence.

It is interesting to notice a distinct pattern. A day has **24** hours, which adds up to **6 (2+4**). An hour has 60 minutes, which also adds up to **6 (6+0).** Moreover, a minute has 60 seconds, and again, it adds up **to 6 (6+0).** Furthermore, a complete circle or sphere has **360**

degrees, and when we add up the digits, it equals **9 (3+6+0)**. Similarly, half of a circle, which is 180 degrees, also adds up to **9 (1+8+0).** Similarly, 1/4 of a circle, which is **90** degrees, adds up to **9 (9+0).** If we keep bisecting the circle into equal fractions, all of them add up to **9**.

The number **9** is said to be the number of heavens. In Hinduism, it is the number of the Creator. For the Hebrews, **9** is a symbol of Truth.

The Apostle Paul wrote in his letter to the Galatians about the nine fruits of the spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faith, Gentleness, and Self-control. The ninth hour is the hour of prayer.

Hinduism's philosophy believes in nine universal elements: earth, sky, water, air, fire, space, time, soul, and mind.

The Temple of Heaven features a circular altar platform consisting of a central circular marble plate. Nine more plates surround this central plate, forming a ring around it. Another ring of eighteen plates encircles this first ring, and so on, for a total of nine rings. The outermost ring boasts eighty-one plates arranged in a nine-by-nine grid-like pattern.

The number nine has been considered to have mystical and spiritual significance for centuries and is the unity of both sides; three, six, and nine symbolize the energy, frequency, and vibration of the universe. They serve as conduits for the manifestation of physical

experience. These numbers are associated with awakening to one's true self.

The **3-6-9** method is a popular technique that people have used to tap into the universe for manifestation purposes. The process involves naming something that you wish to manifest in your physical experience and then thinking about it in terms of energy, frequency, and vibration - or the **3-6-9** of creation. To use this method, you can write down your manifestation three times in the morning, six times in the afternoon, and nine times in the evening.

My ***only*** trophy is for bowling, a score of **99** at age **9** **(1971=1+9+7+1=9).** (The bowling pin set-up is pyramid-shaped, an early sign of my life's synchronicity with the pyramid, hence Egypt.)

MORE ON THE IMPORTANCE OF NUMBERS

How often have you seen repetitive numbers such as **1111, 1010, 333, 999**, and so forth? Experiencing the same numbers repeatedly is a type of synchronicity – a meaningful coincidence of two or more events where something other than chance is involved.

Synchronicity can actually be quite unnerving, especially when certain symbols – and in this case, numbers – keep appearing.

If you keep seeing the same number repeatedly, it is important to explore its symbolism. Repetitive numbers, symbols, and words that you keep encountering hold significant meaning in your life and should be given careful consideration.

Experiencing synchronicity and tuning into the meaning of numbers is usually connected to undergoing a process of spiritual awakening, as it requires us to be present, aware - and mindless.

Seeing repetitive numbers can be a part of this process. When we experience a spiritual awakening, our priorities shift towards asking big questions about seemingly unimportant things.

During a spiritual awakening, you may often see recurring numbers such as **333 or 1010**. This can leave you feeling lost and in need of spiritual guidance. For instance, in my book, I dedicate in part to my friend Eddie Klotz. His birthday was on **October 10, 1933**, and he would often say in a rhythmic tone, "**101033, 101033**". After he passed away on January **30, 2014 (10)**, I started seeing the number **1010** everywhere I turned. Moreover, we both had a strong

connection to Egypt and his initials ECK - is intended to mean the Holy Spirit, as found in the biblical and Christian terminology. According to Eckankar's glossary, the term Eckankar means "co-worker with God.”

When you start noticing double or triple-digit numbers, it means something significant. Your soul resonates with the language of numbers, and numerical sequences form the basis of reality. When you see numbers in uniform sequence consider them as signs pointing you toward higher consciousness. When you notice a number sequence, take a moment to acknowledge it and say, "Thank you." Then, continue with your day, staying open to further guidance that may come your way.

As you become more self-aware, you will also become more capable of recognizing and reflecting on repetitive patterns that have developed because of your past choices. With this insight, you can consciously choose to shift these patterns to a higher energy flow.

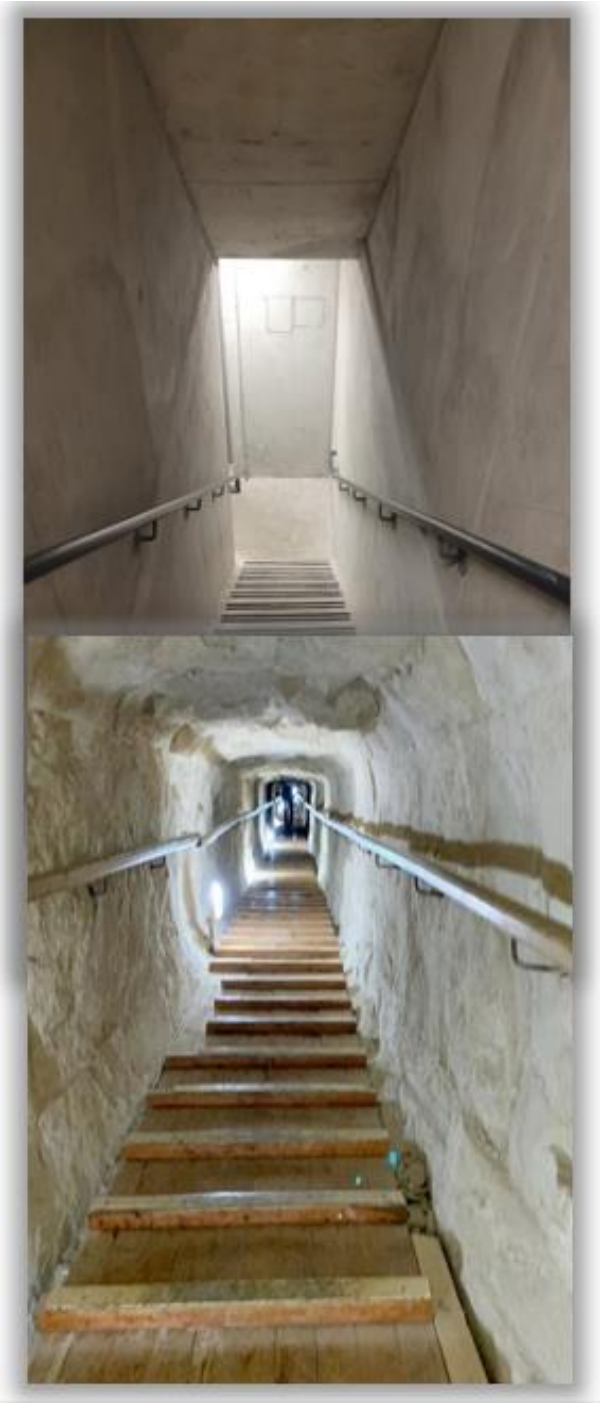
Synchronistic moments ignite curiosity and are perceived as messages from your soul, spirit guides, or true nature that are meant to awaken.

One of my responsibilities as Concierge at SOBA condominiums was to make rounds and conduct safety inspections. Rather than waiting for the elevator, I preferred using the stairwells. This helped me complete my inspections and allowed me to stretch my legs and get exercise, which was a win-win situation for me. Little did I know,

but I should not have been surprised; a synchronicity message awaited me in those stairwells.

Since my very first day at SOBA, I experienced strange sensations that made me feel like I had been there before, even though I had not. Although the place felt oddly familiar, it was also excitingly uncomfortable at the same time. Despite this feeling, my determination to move forward and make the most of my time there never wavered. Every experience is an opportunity for growth and learning, and my time at SOBA was no exception. In fact, "growth and learning" was an understatement because my time at SOBA had a profound impact on me in more ways than this.

Without exaggeration, every day I worked, I was a nervous wreck. I felt that the building was going to fall over or implode. Although my advice to others is to take notes or journal when synchronicities occur or even if you have a gut feeling that is much different from your ordinary day, I did not, so I cannot recall exactly how what I am about to share unfolded. The next two pages juxtapose the stairwells of SOBA condominiums with stairwells inside the Great Pyramid of Egypt.



I accept that readers may think that stairwells resembling each other are not a big deal. However, other readers who have experienced synchronicity in greater depth are able to relate. In the chapter "A Road Less Traveled," I have listed the various cities I have lived in. Despite living in a forty-story building in Hawaii, this is the first time I have experienced such steep stairwells. Additionally, I have never had a sense of knowing as I did in these stairwells. The hunch, gut feeling, or ah-ha moment is what really matters.

The text below is a thought-provoking exploration of life's most mysterious and intriguing phenomena. Through a deep dive into the concepts of reincarnation, deja-vu, and synchronicity, we are led to consider the mysteries that surround us each day. By exploring these topics with an open mind and heart, we can begin to unlock the secrets of the universe and gain a greater appreciation for the beauty and complexity of our inner world.

By exploring these topics in depth, we can better understand the intricate and interconnected nature of our personal universe and appreciate the layers of meaning that can be found in the “random” events of our lives. We can examine a range of real-life examples and stories, drawing on experiences to shed light on the mysteries of the universe because we are the universe.

Self-portrait – preliminary stages of awakening

REINCARNATION / DEJA-VU

The idea of a spirit reborn into a new body after death has been discussed and debated in various religions and philosophical schools of thought. This idea has captivated and interested people for millennia, raising thought-provoking questions about the enigmas of life and the likelihood of a greater meaning of existence beyond the material world.

It is awe-inspiring to consider that even the most esteemed ancient Greek philosophers, including Pythagoras, Socrates, and Plato, embraced the idea of the spirit's rebirth or transmigration. Their postulation that the spirit's immortality was contingent on its conduct in its previous life has left an indelible mark on the annals of human thought, underscoring this belief's profound and enduring nature.

Although most Christian and Islamic denominations do not accept the idea of reincarnation, certain groups within these religions do. These groups include the followers of Cathars, Alawites, Druze, and Rosicrucians. These beliefs can be connected to those found in ancient Roman and Indian religions.

Despite differences, it is clear that reincarnation has been an important idea throughout history. Understanding or at least being aware of these beliefs can help us learn more about the people who held them and the cultures they came from.

Religions believe that the ultimate spiritual goal is to break free from the cycle of reincarnation, which is referred to by different terms such as moksha, nirvana, mukti, and kaivalya. However, the Buddhist, Hindu, and Jain traditions have different assumptions and details concerning what reincarnates, how reincarnation occurs, and what leads to liberation. Despite these differences, the concept of reincarnation is still a fundamental aspect and continues to shape the beliefs and practices of billions of people.

The origin of the belief in reincarnation is still to be figured out. Still, it is suggested that early Indian civilizations, such as the tribes of the Ganges valley or the Dravidian traditions of South India, were the source. The Vedic religions, which originated in ancient India around **1500** BC (before Christ), also had ideas of karma and rebirth. However, it was in the early Upanishads, written texts from around the **8th** century BC (before Christ), that these concepts were developed and described in greater detail.

During the mid-1st millennium BC (before Christ), there was a more detailed understanding of karma and rebirth in various traditions, such as Buddhism, Jainism, and different schools of Hindu philosophy. Each of these traditions had their unique interpretations of the general principle of reincarnation. Buddhism, for example, introduced "anatta," or no-self, which challenged the idea of a permanent spirit that moves from one life to the next. On the other hand, schools of Hindu philosophy emphasized the importance of a

permanent spirit, or atman, which undergoes a cycle of births and deaths until it reaches liberation or moksha.

Jainism is a religion that has its roots in ancient India and has survived through the ages to modern times. The religious texts of Jainism are believed to date back to the last centuries of the first millennium BC (before Christ) and are post-Mahavira, a legendary figure in Jainism. These texts discuss the doctrines of rebirth and karma in great detail; according to Jaina philosophy, the spirit, which is referred to as Jiva, is believed to be eternal and undergoes cycles of transmigration and rebirth. Upon death, the spirit is instantaneously reincarnated into a new body. The accumulated karma decides the form of the reincarnated spirit, and it can appear in a higher or lower bodily form, either in heaven, hell, or the earthly realm.

The belief that no physical form is permanent and that everyone dies and reincarnates further is a common theme in religions. In Jainism, liberation from reincarnation is possible by removing and ending karmic accumulations in one's spirit, a process known as kebaya. The religion considers human beings as the highest mortal beings, with the potential to achieve liberation through asceticism.

Buddhism also believes in the concept of saṃsāra, which explains that existence is a cycle of life, death, and rebirth. This cycle is often called the Bhavacakra or wheel of existence and is a

fundamental part of Buddhist doctrine. According to this doctrine, every being must go through multiple rebirths until they reach enlightenment and escape the cycle of suffering. The early Buddhist texts discuss this concept of rebirth in great detail, describing it as punarbhava or re-becoming. The texts also explain that the type of rebirth a being gets is decided by karma or the actions they perform in their current and past lives. The saṃsāra doctrine reminds us that our existence is not finite and that our actions have consequences that extend beyond our current lifetime.

While nirvana is considered the ultimate goal in Theravadin Buddhism and is essential to Mahayana Buddhism, most contemporary lay Buddhists focus on accumulating good karma and getting merit to achieve a better reincarnation in the next life.

RELATIONSHIP BETWEEN DEJA-VU & SYNCHRONICITY

Deja-vu and synchronicity are often described as mystical experiences that can leave people feeling puzzled and interested. Deja-vu is the feeling of recognizing a situation or event even though you have never experienced it before. On the other hand, synchronicity refers to meaningful coincidences that seem to happen by chance. Although deja-vu and synchronicity are different, there is a relationship between them that has sparked interest and debate among researchers, philosophers, and individuals who have experienced them. Let's explore this relationship in more detail.

DEJA-VU: FAMILIAR & UNFAMILIAR

Deja-vu is a phenomenon that originates from the French expression "already seen". It is an interesting experience that can evoke a sense of familiarity, even in situations that we have never encountered before. This familiarity can sometimes cause confusion or disorientation; however, it can also encourage us to explore the unknown and embrace new experiences. Although the cause of deja-vu is still a mystery, it serves as a reminder of the incredible capabilities of our brains and the endless possibilities for self-discovery and exploration in our world.

THE CONNECTION BETWEEN DEJA-VU & SYNCHRONICITY

According to one theory, deja-vu occurs when our brain retrieves memories from our subconscious, which happens simultaneously with similar events occurring in the present. This could explain the subjective feeling of deja-vu, where the present event triggers the recollection of an earlier experience.

Deja-vu and synchronicity both involve the feeling of coincidence, which can profoundly affect individuals and their lives. They can leave people questioning the workings of reality and the existence of a larger cosmic order.

Although deja-vu and synchronicity are distinct experiences, their relationship is not fully understood. Theories suggest that they are related, with deja-vu manifesting because of subconscious

memory recall and synchronicity manifesting as meaningful coincidences. Further research and exploration are needed to understand the connection and implications of these experiences fully.

In the chapter titled "A Divine Intervention," I recount a heartwarming story about how I met an elderly Asian woman who had lost her way on the busy streets of Waikiki, Hawaii. I helped her find the hotel she was staying at, and in that moment, I realized that I had not recognized my connection to Egypt despite being surrounded by signs.

As I left the hotel lobby, I found myself gazing out at the horizon, lost in thought. Suddenly, an epiphany struck me. I realized that I had lived a past life as an Egyptian and had held a prominent position in society. Standing in front of the grand hotel, I was filled with a sense of wonder and awe. It was an incredible moment of clarity and, at the same time, scary.

I felt a sense of reconciliation about how I had been living my life while reminiscing and, at the same time, creating more confusion. In the chapters 'An Unlikely Nomad Monad' and 'A Road Less Travelled,' I talk about how I moved to more than thirty cities before turning forty. This may seem insignificant, but it does not make sense when I am the only child in my family who did not just move away but kept on moving. While reflecting on my past life as an Egyptian, I remembered how I was punished and forced to wander

and eventually written out of history. This would also make sense to the overwhelming yearning and pining to go “back home” and never being accepted. Never.

Luke **4:23** So he said to them, “You will quote this proverb to me, ‘Doctor, cure yourself!’ and then say to me, ‘Do all the things in your hometown that we’ve heard you’ve done in Capernaum.’” Then *Yeshua* added, “I can guarantee this truth: A prophet isn’t accepted in his hometown.”

In **1999**, I was living with my roommates, Brien Walker and Stewart Bryden, in Calgary, Alberta. To celebrate the Millennium New Year in 2000, friends Colin Herman, Brien, and his friend Kelly and I decided to go to Hawaii to bring in the millennium.

I was so enamoured with Hawaii that when I returned to Calgary, I sold everything and moved to Waikiki. However, this impetuous move did not last long. Within a month or two, I was back living in Canada.

Brien, Colin, and me on top of Diamond Head, Waikiki, HI

*Me, Colin and Kelly, Waikiki HI **1999/2000***

A year later, in **2001**, I had my first synchronicity incident to Egypt, although I did not pay attention to it at the time. I was staying

with my friend Colin in Vancouver, but I had yet to learn what I was doing or going to do. I was looking for work but needed to be more focused and motivated.

I came across a job posting for a General Manager position at The Blue Man Group show in Las Vegas, specifically at the Luxor Hotel. Since I had prior experience in business management in the entertainment industry in Hollywood, this job could be a good fit for me. I had spent time in Las Vegas during the **1980s**, which made me even more interested in this opportunity. Therefore, I decided to apply for the position.

Blue Man Group – Luxor Hotel, Las Vegas, NV

After sending my resume and cover letter for the General Manager position, I was promptly invited to Las Vegas to meet with the team. To be quite open, I was shocked when I received the invite.

So, I went to an interview for a very envious position at the hottest show on the Las Vegas Strip.

When I arrived at the hotel, I was welcomed with open arms. Throughout my **three**-day stay, I was treated like a five-star celebrity. I had the pleasure of meeting the production staff and talented individuals and dined with upper management and office staff.

During one show, there is a segment where an audience member is asked to stand up and be singled out. That person happened to be me. Although I was not called up on stage, I was asked to stand up, was spot-lighted, and they talked about me. The experience was surreal, and I do not recall what was said.

After the **three** days were over, I was accompanied to the airport and flew back to Vancouver. Weeks later I still had yet to receive any communication from the management about their interest or non-interest as their new general manager. It was complete silence.

To understand the significance of this matter, it is essential to grasp the American professional mindset. Americans are meticulous about upholding high professional standards, particularly when it comes to international organizations like The Blue Man Group, Luxor Hotel, and the city of Las Vegas itself.

The complete non-response added to the surrealness of the entire encounter. To this day, in **2024**, I still have no answer as to why - except that Egypt wanted my attention.

LUXOR HOTEL, Las Vegas, Nevada

I have seen it written and discussed that people who are undergoing or experiencing spiritual enlightenment often become extremely sensitive, especially to nature and art. Create an art interest or enhance an already art and nature perception.

For me, having always had an artistic interest, it was photography that really caught my attention during my early enlightenment stage. I photographed everything, but as I did, I had an internal feeling that I was actually documenting God's creations. I really developed a fascination with nature and creation in all forms: architecture, nature, water, sky, and even people.

Back in 2009, while walking around downtown Los Angeles, I stumbled upon a towering building that caught my eye. I was fascinated by the way the sun's rays reflected off its top, creating a breathtaking spectacle of light. I decided to take a picture of it, hoping to capture the moment for posterity. The building's rooftop reflected so much sunlight that it seemed almost blinding, and I could not help but wonder if this could pose a potential safety hazard for planes flying over the area. As I stood there, staring up at the building, I realized that flight paths do indeed go over downtown Los Angeles, and this made me even more curious about the potential risks involved. The picture sparks my imagination. Is there a relationship between Luxor shining light upward and synchronicity between buildings, ancient and contemporary?

(notice the strong sun rays upper right building and the flight path lower picture – downtown Los Angeles, CA US Bank building)

EGYPT & PAST LIFE

Ancient Egypt is a civilization that has left an indelible mark on human history. Egypt has captivated people's imaginations for thousands of years with its magnificent pyramids, hieroglyphics, and pharaohs. But beyond history, Egypt holds secrets that lie in the supernatural realm. The concept of past lives, or reincarnation, has been a prominent aspect of ancient Egyptian religion and holds a deep significance in Egyptian culture.

BELIEF IN PAST LIVE

In ancient Egypt, the concept of past lives was deeply rooted in their religious beliefs and practices. The Egyptians believed the soul would be immortal and reborn after death. They believed the soul formed various elements, including the body, spirit, and ka (life force). The soul was supposed to journey through a series of lives, known as ka incarnations, before finally achieving eternal rest in the Afterlife.

THE AFTERLIFE

The Egyptians believed that the afterlife was a place of judgment and purification. Souls would undergo a series of trials and tests to decide their worthiness to enter the realm of the gods. One of the primary aspects of this process was the concept of the Weighing of the Heart. In this ritual, the soul's heart would be

weighed against a feather to determine if it was pure enough to enter the afterlife.

THE ROLE OF KA

The ka was believed to be the soul's life force and the essence of a person's individuality. It was thought that a person's actions in this life would decide their ka's fate in the next. The Egyptians believed that it was possible to influence the destiny of one's ka through rituals and offerings. This belief led to the development of complex funerary practices, such as mummification, to ensure the survival of the ka.

PAST LIFE MEMORIES

The concept of past lives played a significant role in Egyptian mythology and storytelling. The ancient Egyptians believed that individuals could access memories of their past lives through dreams and visions. Past life experiences were often depicted in artwork and literature, providing a glimpse into the lives and experiences of past incarnations.

Ancient Egypt's belief in past lives was integral to their spiritual and religious beliefs. The concept of reincarnation provided a framework for understanding the nature of existence and offered hope for eternal life. The Egyptians believed that the soul was immortal and that its journey through the Afterlife was shaped by its

actions in this life. The belief in past lives continues to fascinate and intrigue people today, providing a glimpse into the intricate world of ancient Egyptian culture.

HERMETICISM: THE ANCIENT WISDOM OF HERMES TRISMEGISTUS

The spiritual teachings of Hermeticism, a unique blend of the Greek deity Hermes and his Egyptian counterpart Thoth, are shrouded in mystique. Thoth, the god of the moon, sacred texts, mathematics, sciences, magic, and patron of scribes, was known as Djehuty in Egypt, meaning "He who is like the Ibis," and was often depicted as an ibis bird or baboon.

Hermes Trismegistus holds a significant place in history. These teachings, found in the Hermetica, are attributed to Hermes himself and were produced over centuries, offering a rich and diverse body of knowledge. The most renowned of these writings is the Corpus Hermeticum, a compilation of seventeen Greek Hermetic treatises penned between c. 100 and c. **300** AD (After Death).

Hermeticism has always been linked to divine and primeval knowledge, only revealed to the wisest of ancient sages. This idea evolved into the ancient theology or prisca theologia theory during the Renaissance. This hypothesis said that there is only one true theology that was given by God to the first humans, and it can be found in various ancient systems of thought. Some believed this ancient theology could be reconstructed by studying the oldest writings still available, such as those attributed to Hermes, Zoroaster, Orpheus, Pythagoras, Plato, or the Chaldeans. Christians adopted Hermetic teachings and incorporated them into their beliefs to prove this doctrine. According to Christian fathers, Hermes Trismegistus

was either a contemporary of Moses or the third in a line of men named Hermes - Enoch, Noah, and the Egyptian priest-king known to us as Hermes Trismegistus.

In **1945**, Hermetic texts were discovered near the Egyptian town of Nag Hammadi. One text had a conversation between Hermes and Asclepius, while the second text, titled "On the Ogdoad and Ennead," explained the Hermetic mystery schools. The latter text was written in the Coptic language, the final and most recent form of the Egyptian language.

A secret society in Alexandria existed before and after the beginning of the Christian era. The members of this group referred to themselves as "brethren." They were initiated through a baptism of the Spirit, greeted each other with a sacred kiss, celebrated a holy meal, and read the Hermetic writings, which they considered edifying treatises for their spiritual progress.

For more information on Hermeticism and the Kybalion, please refer to the earlier chapters Alchemy: A Metaphysical Metaphor and Conscious-Centred Living: Calling Everything into Question in this edition and the “Reading Life Backward 2024 Calling Everything into Question” edition.

GNOSIS

Gnosis, a Greek feminine noun, denotes an individual's knowledge or awareness. Its usage is typically attributed to personal

knowledge rather than intellectual knowledge. The distinction between these two types of knowledge is like the semantic difference between connaître and savoir in French, conhecer and sabre in Portuguese, conocer and sabre in Spanish, conoscere and sapere in Italian, and kennen and wissen in German.

Gnosis's philosophical and religious significance is rooted in the belief that personal knowledge, as opposed to acquired knowledge, is the key to understanding the divine or transcendent.

In contemporary usage, gnosis is often employed in discussions of personal development or spirituality, where mindlessness, self-awareness, and the cultivation of inner knowledge are emphasized.

During the development of Christianity, various groups, referred to as "gnostics" by their opponents, placed greater emphasis on spiritual knowledge (gnosis) of the divine spark within rather than faith (pistis) in the teachings and traditions of Christian communities.

Gnosticism posits a distinction between the highest, unknowable God and the Demiurge, the "creator" of the material universe. Gnostics believe that having personal knowledge is an inextricable part of the salvation process rather than merely having faith in the ecclesiastical authority.

According to Gnostic Christian doctrines, the serpent in the Garden of Eden was highly revered for bestowing knowledge (gnosis) upon Adam and Eve, freeing them from the control of the malevolent

Demiurge. This belief system posits a dualistic cosmology, which asserts that there is an eternal conflict between good (knowing) and evil (not knowing). In this context, the serpent is seen as a saviour who granted humanity knowledge. This stands in stark contrast to the Demiurge, the creator god who is identified with the Hebrew God of the Old Testament.

Gnostic Christians considered the Hebrew God of the Old Testament to be an evil and false god who created the material universe. Instead, they believed that the Unknown God of the Gospel, who was the father of Jesus Christ and the creator of the spiritual world, was the true and good (knowing) God.

In the Archontic, Sethian, and Ophite systems, Yaldabaoth (Yahweh) is regarded as the malevolent Demiurge and false god of the Old Testament, who generated the material universe and keeps souls trapped in physical bodies, imprisoned in a world full of pain and suffering that he created.

OTHER THEORIES OF GNOSTICISM: RUDOLF STEINER

Rudolf Joseph Lorenz Steiner (**27** or **25** February **1861 – 30** March **1925**) was an Austrian occultist, social reformer, architect, esotericist, and claimed clairvoyant. Steiner first gained recognition at the end of the nineteenth century as a literary critic and published works such as "The Philosophy of Freedom." In the early twentieth century, he set up the esoteric spiritual movement known as

anthroposophy, which was influenced by German idealist philosophy, theosophy, and Christian Gnosticism.

Steiner's teachings on reincarnation and karma offer a profound understanding of psychology. He believed that insight into the course of karma in the evolution of humanity would make the form of external nature more understandable. Importantly, he advocated that a person is not bound by their karma. Instead, they have the power to transcend it by actively taking hold of their own nature and destiny. This empowering belief serves as a beacon of hope and motivation.

In the years 1903-**1908**, Steiner edited the magazine Lucifer-Gnosis and published essays on topics such as initiation, reincarnation, karma, and knowledge of the supernatural world. These essays were later collected and published as books, including "How to Know Higher Worlds" (1904-**1905**) and "Cosmic Memory." The book "An Outline of Esoteric Science" was published in 1910. Important themes include initiation, reincarnation, and karma.:

- the human being as body, soul, and spirit.
- the path of spiritual development.
- spiritual influences on world evolution and history, and reincarnation and karma.

The path to higher insight is unique for each individual; we differ in their physical, etheric, and astral constitutions. Therefore, practices for inner development vary depending on one's nature. The Asian yoga initiation is suitable for some, while others are drawn to the Gnostic Christian way. It is important to note that these paths do not lead to different insights. Once you reach the summit, all things are the same, but the paths that lead to the summit are and must be different. The gnostic Christian way can lead to achievements and the most sublime insight.

The Christian Way is illuminated in a text that transcends occult circles. The Gospel of John offers a profound outline of the true path of Christian initiation. John's gospel is among the most profound texts globally, but it requires a discerning approach. It is essential to grasp that the opening words are not merely for reading or philosophical speculation; they are intended for meditation.

During meditation, we immerse ourselves deeply in specific formulas, sentences, or even words. However, meditation, as a crucial method of inner development, is not about simply delving into something that our occult teacher presents to us intellectually or philosophically. It is about delving into the actual sound qualities.

Sentences chosen for meditation serve as gateways to the spiritual world. For you, they are rooted in experiences accumulated over centuries. Every letter, every turn of phrase, is known to affect

the soul. Therefore, it is essential to meditate on those first sentences thoroughly.

When accurately translated, they are at the genesis: "In the beginning was the Word, and the Word was with God, and the Word was God." This was in the beginning with God. All things were made through it, and without it, nothing was made.

There was a man sent by God named John. He himself was not the light; he came to show the light. The true light that gave light to everyone was coming into the world.

Then HE came into the world, and the world was made through Him, but the world did not recognize Him. HE came to his own people, but they did not accept Him. Yet to all who did receive Him, to those who believed in His name, HE gave the right to become children of God—children born not of natural descent, nor human decision or a husband's will, but born of God. The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Life is full of pain and suffering from diverse sources. We must learn to confront and endure this suffering without letting it harm us. This process may take weeks, months, years or even lifetimes.

Eventually, we will experience a celestial sensation, seeing ourselves in a vision of being scourged and feeling a sensation throughout our body. This feeling will pass, but it signifies that we

have integrated this experience into our entire being, reaching a new level of maturity. We will be able to stand upright as life inflicts its challenges.

Next, we will contemplate how we would endure if we not only had to bear pain and suffering but also endure scorn and derision aimed at everything sacred to us. We must find the inner strength to stand tall. There is a core within us that enables us to remain upright. A new vision will then come, in which we see ourselves wearing the crown of thorns; the external symptom of this is a kind of headache.

This leads to the next stage, where the physical body feels separate from the person, like an outside object. For most people, it feels like it is their eye. The body needs to become like a piece of wood or something similar. The person has to learn to reject the physical body. After weeks and months of practice, the person may have a spiritual experience where they see themselves crucified, showing an elevated level of spiritual development. This experience may appear as marks on the hands, feet, and the right side of the body.

The stages of the initiation process cannot be put into words. In one stage, the person feels deeply isolated and separated from reality, like there is a black curtain between them and the world. This experience is necessary for initiation. The person goes through intense suffering and meets evil, like descending into hell, before having a breakthrough and glimpsing another world. After this, there

is a burial stage where the person feels connected to the planets. Then, there is a level of experience that cannot be described, which involves separating thinking from the brain. This is the process of ascending into heaven.

It involves renunciation and may not be noticeable on the outside. You may have already gone through this quietly. It is a serious process that prepares individuals to face challenges from the outside world.

According to the spiritual scientist, it is possible to enter into a pure thought content without any sensual connection and reflect on the evolving thoughts. This can be achieved by reading books written in such a way that one thought naturally leads to another, creating an organic flow of ideas. By selflessly immersing oneself in these thoughts, one can achieve inner separation and move to a higher level of belief, gaining access to other worlds.

The journey towards spiritual growth is open to everyone, but the duration of progress varies from individual to individual. Individuals may need multiple lifetimes, while others may reach it in a brief period, depending on their past actions. Patience and determination are essential when starting this journey. It is similar to separating red, blue, and yellow liquids that make up all the colours of the rainbow after they have been mixed. Similarly, our higher and lower qualities are mixed, and the higher ones can hinder the full expression of the lower ones. As we begin to separate these

qualities, we may notice that undesirable traits become more evident. This is why it is crucial to first develop inner morality and a strong character through specific practices to mitigate these risks.

To control your thoughts, focus on one thought for six minutes every day. Let your other thoughts come from this one. Do this exercise each day, but not too much. It is important to take charge of your actions.

Remember this: Every day, it is essential to act, even if it is just something small. For instance, taking care of plants can be considered acting. It is crucial to understand how to manage both pleasure and pain, avoid drastic mood swings, and become more open while still being in control of your internal reactions. Rather than saying something is impossible, we should think that things are possible leading to probable.

EASTERN ORTHODOX THOUGHT

Gnosis refers to spiritual knowledge acquired through direct experience of the divine. It is a mature and intuitive understanding that transcends rational thinking. The concept originates from the Byzantine and Hellenic cultures and can be acquired through inner or external epiphanies.

The Philokalia texts stress the importance of contemplation to get transcendent knowledge. This knowledge is acquired through personal experience, vision, or seeing and is essential for achieving

theosis and gaining direct knowledge of God (noesis). In Orthodox Christian theology, gnosis is the proper use of the spiritual or noetic faculty and is significant in salvation.

ISLAM

SUFISM

In Sufism, gnosis refers to the deep, intimate knowledge of oneself and God. Within Sufi tradition, the individual who reaches this knowledge is known as al-Arif, or "one who knows by God." The primary goal of a Sufi practitioner is to remove internal barriers and attain this profound understanding of God. Sufism, being a pursuit of ultimate truth, looks to achieve a state where the individual's existence merges with the truth itself. This concept is eloquently expressed in the words of the Sufi poet Mansur al-Hallaj, who was tragically executed for his proclamation, "I am the Truth" (ana'l haqq).

IAW

MANDAEISM

In Mandaeism, the concept of Manda, which means "knowledge," "wisdom," and "intellect," is like the Gnostic concept of gnosis. Mandaeism is the only surviving Gnostic religion from ancient times, and its followers call themselves Nasurai or Nasoraeans, which means guardians or possessors of secret rites and knowledge.

Mandaeans believe that salvation of the soul can be achieved through the attainment of secret knowledge or gnosis, which reveals the divine origin of the soul. Mandaeism provides a comprehensive understanding of the soul's origin and ultimate destination.

There is recognition of one God known as Hayyi Rabbi, meaning The Great Life or The Great Living (God), whose symbol is Living Water (Yardena). Therefore, Mandaeans must live near rivers. God personifies the sustaining and creative force of the universe.

The power of Light is vivifying and personified by Malka d-Nhura ('King of Light'), another name for Hayyi Rabbi, and the uthras (angels or guardians), who provide health, strength, virtue, and justice. The Drabsha is viewed as the symbol of Light.

Immortality of the soul: the fate of the soul is the main concern with the belief in the next life, where there is reward. There is no eternal punishment since God is merciful.

FUNDAMENTAL TENETS OF MANDAEISM

1. A supreme formless Entity whose expression in time and space is the creation of spiritual, etheric, and material worlds and beings. It delegated the production of these to a creator or creators who originated it. The cosmos is created by Archetypal Man, who produces it in similitude to his own shape.
2. Dualism: a cosmic Mother and Father, Light and Darkness, Left and Right, syzygy in cosmic and microcosmic form.
3. Counter-types (dmuta) exist in a world of ideas as a feature of this dualism (Mshunia Kushta).
4. The soul is portrayed as an exile, a captive, his home, and origin being the supreme Entity to which he eventually returns.
5. Planets and stars influence fate and human beings and are also places of detention after death.
6. A saviour spirit helps the soul on his journey through life and after to 'worlds of light.'
7. A cult language of symbol and metaphor. Ideas and qualities are personified.
8. 'Mysteries' are sacraments that aid and purify the soul, ensure its rebirth into a spiritual body and ascent from the world of matter. These are often adaptations of existing seasonal and traditional rites to which an esoteric interpretation is attached. In the case of the Nașoraeans, this interpretation is based on the Creation story (see 1 and 2), especially on the Divine Man, Adam, as crowned and anointed King-priest.
9. Great secrecy is enjoined upon initiates, and the full explanation of 1, 2, and 8 is reserved for those considered able to understand and preserve the gnosis.

PREMONITION / PRECOGNITION

'Premonition' is a **2007** film starring Sandra Bullock, Julian McMahon, and Amber Valletta. Directed by Mennan Yapo and written by Bill Kelly, the movie explores intuition and premonition's impact on our lives. In "Don't Shoot the Messenger," I discuss premonitions. These were true premonitions that came effortlessly.

People have always been interested in predicting the future. Methods like fortune-telling and prophecy are sometimes used, while others have reported experiencing precognition through dreams. In my case, I was surprised to find that something I said came true, and people believed I had done it intentionally despite my objections.

Dream interpretation varies across religions. Hinduism sees dreams as a way to gain knowledge about the future.

People have always been fascinated by precognition - the ability to perceive future events before they happen. The oracle was revered as a powerful conduit between humanity and the divine, offering insights and guidance about the future.

I have experienced synchronicities, epiphanies, premonitions, precognitions, and gnosis encounters throughout my life. These experiences have been both exciting and confusing, but they have also allowed me to grow in ways I never thought. However, there is one particular experience that, at this moment, haunts me more than any other.

I have never made a secret of my inner pining to return home and be “a part of the family.” I have also never made a secret of my realization that it would never be fulfilled as there truly was nothing there for me.

In **2017**, I felt a strong urge to return to my birthplace again. However, upon my return, I discovered that my oldest brother, Mike, was terribly ill. His health was rapidly declining due to an unknown blood-related illness. Despite his suffering, he never spoke a word about it. This stoic trait seems to run in our family, inherited from our mother. His family was struggling while his wife, Margot, also cared for her ailing mother and uncle while the family was going through a tough time on multiple levels.

My immediate concern was my mother’s emotional well-being. She had just lost a son, John, a few years earlier. Adding to it,

Mike was her favourite. Now, she would challenge this, but it is quite ok for a parent to have a favourite; it does not take love away from the others. After all, she had eight children!

'Final Destination' is a captivating and well-executed film that delves into the themes of premonition and precognition. The movie's concept originated from a real-life incident that author Jeffrey Reddick read about. The incident involved a woman who avoided a plane crash by heeding her mother's warning not to take the flight which crashed. Reddick initially wrote the script as an episode for the X-Files, but a colleague at New Line Cinema convinced him to transform it into a full-length movie. New Line Cinema then hired Reddick to write the screenplay, which James Wong and Glen Morgan later revised to meet the company's standards.

Mike passed away peacefully at his residence on May 13, 2020, surrounded by his loving family. Beloved husband of Margot (nee Lucy). A loved father of Jennifer Aylsworth (David) and Geoff (Shannon). Beloved "Tractor" to his grandchildren Wyatt, Georgia, and Walker. Cherished son of Peggy Graham and the late George Graham. Dear son-in-law to Eve Lucy and the late Bob Lucy. Beloved brother to Debbie (Pat), Jim, Mary Ellen (Steve), Chris, Gord (Debbie), and Steven, predeceased by brother John (Robin). He will be deeply missed. He served his community for 33 years with the Belleville City Police, starting as a constable and retiring as an Inspector with honours and accolades; then went on to serve as a City Counsellor.

It was during the COVID-**19** pandemic. Mike was nearing the end of his life, and in his last few hours, family members and friends quickly visited informally to say goodbye.

When I arrived, I found my niece, Jenny, at Mike's bedside. However, when I spoke, Mike did not recognize my voice and asked Jenny who was there. She replied by saying that it was me, Uncle Chris.

The memory of my beloved older brother lying on a hospital bed in his home, with a sense of quiet acceptance on his face, knowing that his time on this earth was drawing to a close, is an image that will be etched in my mind forever. The room was filled with a palpable sense of love, sadness, and serenity, as if time had stopped still and nothing else mattered. After spending time in silence with him, I reluctantly left. Still, his memory stays with me, haunting me. He passed away soon after.

I stumbled upon a picture of my living room that was taken when Mike had visited a few years before at my home in Florida. Looking at the photo, I became curious about what was playing on the TV in the background. I zoomed in to get a closer look.

I am at a loss for words to describe the shock and astonishment I felt when I saw an image of my brother's face on the TV. It looked exactly as he lay in his bed before he died. It makes me wonder if a premonition or precognition was showing me a glimpse of the future. And how many other times this might have happened?

BARB

In **2014**, I experienced an incredibly strange premonition or precognition. The journey began with a drive to Belleville to support my brother Mike's city council campaign. Following the election, I made the impulsive decision to embark on a cross-Canada road trip. My planned route included a visit to an old friend, Barb Mansbridge, in High River, Alberta, followed by a scenic journey down the west coast to see another friend, David, and his partner Lee, in Santa Cruz. The trip concluded with a return to Palm Springs, California. Oh yes, and Mike did win the election.

I had the pleasure of meeting David, who not only happened to be a close friend and former neighbour of Daryl James but also was once the boyfriend of Eddie Klotz back in the 1950s. David, originally from Ontario, Canada, and I instantly bonded over our shared Canadian roots.

As I pulled up to my friend's address in High River, my heart sank. There was nothing but an empty lot where I expected to see a house. I stood there for what felt like an eternity, staring at the barren land, bewildered. Doubt crept into my mind - had I made a mistake with the address? But deep down, I knew I had not. It was just difficult to accept the stark reality that there was no house standing there.

After ten minutes had passed, I scanned the neighbourhood, contemplating which house I should approach to inquire about the

vacant lot. As I strolled down the driveway, I found myself in the backyard of the house opposite, where a woman was tending to her garden. I approached her and asked if she had any information about the "missing" house and its former residents.

Submerged cars and debris line a street in High River in 2013. (CBC)

The neighbour recalled the devastating flood that occurred in **2013** and completely destroyed a significant part of the city. Among the affected homes was my friend's home. It is incredible how the mind can refuse to change a truth it has already accepted. Despite

the logical explanation and confirmation from a neighbour, it was emotionally challenging to come to terms with the reality. I found myself pondering the whereabouts of my friend Barb.

536 8 St SE High River, Alberta Canada T1V1L1

There used to be a cute little white bungalow home– what a shock!

A view along the way somewhere between High River, Alberta, and the American border. You can see the mountain in the background and the rain coming from the dark clouds.

DAVID

Following this, I continued my journey southward through Alberta and British Columbia until I reached San Jose, California. It was here that I had the opportunity to visit David and his life partner, Lee, who had a distinguished career as a retired scientist with NASA.

As the car wound its way up the densely wooded mountain at dusk, I was overcome by an eerie sensation. It felt as though I was being pulled into a dark, foreboding abyss, a feeling that seemed entirely out of place, considering I had never experienced anything negative with David or Lee. What was particularly unsettling was that, even though I was travelling uphill, it felt as though I was descending.

My mind still today struggles to grasp the events that follow. Upon my arrival, my hosts welcomed me warmly and escorted me to the guest room. Their abode was adorned with exquisite artwork and tasteful decorations. We shared a pleasant drink before I took my leave, weary from the day's long drive.

As I climbed the stairs to my room, I felt a sense of relief wash over me. It was finally time to unwind and settle in for the night. I carefully unpacked a few personal items, taking a moment to savour the familiar scents and textures that surrounded me. However, as I eased myself onto the bed and closed my eyes, a wave of unsettling thoughts suddenly swept over me. It was as if my mind had been invaded by disturbing doubts and questions about my past. The

notion of incestuous thoughts and feelings felt alien and deeply unsettling. I found myself grappling with the unthinkable possibility that I had been a victim of sexual abuse at the hands of my own father. These thoughts had never plagued my mind before, and I was left bewildered and distressed by their sudden appearance. Why were these thoughts surfacing now, and what could possibly be causing such distressing and troubling emotions?

I have always prided myself on having the courage to confront uncomfortable thoughts or situations without hesitation. I firmly believe in facing challenges head-on and dealing with the consequences as they arise. This approach has been both my greatest source of resilience and vulnerability. As I lay there, deep in contemplation, the unsettling question lingered in my mind: "Was I sexually molested by my own father?" Eventually, my thoughts yielded to exhaustion, and I fell asleep, still haunted by the troubling question.

When the sun filtered through the window and gently woke me the next morning, I stretched and realized that I felt unusually rested. As I lay in bed, the question from the night before resurfaced, weaving its way through my still-fuzzy morning thoughts. It lingered in my mind, evoking a complex mix of emotions just as it had done the night before.

After descending the grand staircase, I entered the spacious kitchen. David was already awake, enjoying a cup of coffee on the

back patio. His laughter was always contagious, and his cheerful disposition never failed to brighten the day. He kindly invited me to join him, gesturing toward the coffee and juice for me to help myself. We spent a few moments conversing about lighthearted topics until...

Suddenly, he began to share details about his abusive childhood, including the mental, emotional, and physical abuse he suffered at the hands of his father, particularly regarding his homosexuality. Shockingly, he revealed that his father had sexually molested and raped him.

I was taken aback, my chin feeling as though it slammed to the ground. I was left utterly stunned, struggling to comprehend the words I was hearing. My mind was racing as I tried to process the situation, trying to find the right words, if any and to be a supportive listener as he poured out his emotions. I couldn't tell if it was a spontaneous outburst or if he deliberately chose to confide in me as a friend and fellow Canadian.

I don’t remember too much after that. I am not the type to push the boundaries or ask for intimate details. I presume if someone wants to share something with me, they will. He did. And I listened and empathized. This also answered my questions about my own thoughts and feelings from the night before. I was picking up the energy of the house, of David. I just cannot imagine the emotional torture David must have been living through for years, and

now I understand his resistance to never returning to his birth town. It was never spoken of again.

He showed incredible bravery by courageously sharing such deeply painful and personal experiences. It was truly heart-wrenching because this was not the first time that a gay friend had shared such harrowing accounts of mental, emotional and physical abuse by a father.

I recently had a conversation with David and Lee. Lee had just had open-heart surgery, and David, who had quit smoking before developing COPD, is now mostly bedridden with oxygen due to his condition. Despite facing these significant challenges, David's infectious laughter has not dimmed, and he is receiving unwavering support from his life partner.

FOR DAVID

peace, freedom, innocence & purity, messenger, divinity.

OTHER EGYPT RELATED SYNCHRONICITIES

ASPerger's syndrome is a condition that affects communication, emotional regulation, social interactions, and behaviour in adults. It can also coexist with other conditions, such as depression, anxiety, or OCD. Despite these challenges, individuals with **Asp**erger's often excel in academic and professional settings due to their above-average intelligence, strong verbal skills, and exceptional problem-solving abilities.

In **2013**, the American Psychiatric Association merged **Asp**erger's syndrome with autism spectrum disorder (ASD). ASD is a developmental disability that is marked by communication and social interaction issues, as well as specific behavioural patterns. **Asp**erger's is seen as a milder form of autism spectrum disorder.

Based on a **2019** literature review, **Asp**erger's prevalence in childhood is estimated to be **0.03**%, with boys being diagnosed **three** times more often than girls.

Individuals with **Asp**erger's syndrome are referred to as **Asp**ies and may face other challenges in their daily lives that can lead to certain issues:

- stress and anxiety
- depression
- social isolation

There is no one known cause of autism spectrum disorder (ASD), but there are a variety of causes, including both genetic and environmental factors.

Factors that may increase a person's risk of having **Asp**erger's or other forms of autism include:

- being male
- having a family history of ASD
- being born prematurely

Potential complications of **Asp**erger's in adults include:

- social isolation
- difficulties in romantic and family relationships
- difficulties at school or work

In comparison to the general population, individuals with ASD have higher rates of co-occurring conditions:

- anxiety
- depression
- gastrointestinal issues
- obsessive-compulsive disorder (OCD)
- attention-deficit hyperactivity disorder (ADHD)

You may wonder what the connection is between **Asp**erger's syndrome and other synchronicities related to Egypt. As an **Asp**ie, I tend to see patterns, particularly in numbers and people's behaviour.

I have a faint recollection from years ago when a person whose identity I cannot recall mentioned something to me about **Asp**erger's syndrome, and he could give me coping techniques. At that time, I was young and did not think much of it, as I had no issues with who I was. However, as I grew older, I realized that others were having issues with me, especially with what I was saying.

In **three** separate instances, years apart and in different cities, I found myself in a work environment where I had no idea what I said to make my fellow employees so angry that they wanted to harm me physically.

Similarly, in social settings, there have been times when someone would laugh so hard that they almost fell off their chair, exclaiming, "I can't believe you said that out loud!" However, I had absolutely no idea what I said to receive that reaction, and they would not explain it to me. Was it so funny but so bad they could not repeat it?

In fact, I recall a person actually telling me I was odd, which I thought was odd because I thought the same about them, and I had never been labelled odd before, or at least not aloud.

I have done online tests from around the world, and each test comes to the same conclusion of high probability that I do have

Asperger's. If you want an in-person assessment, it costs $4,000, which insurance does not cover.

Okay, let me clarify. I had a moment of synchronicity while taking the online **Asp**erger's tests. It occurred to me that out of nowhere, **ASP**ergers (affectionately referred to as **Asp**ies) and the Egyptian snake, the **asp**. This is the way our brain's function.

Asp is a word commonly used today, but it actually comes from the ancient Greek word "**asp**is." (**Asp**ies) In those times, aspis referred to a group of venomous snakes found in the Nile region. The word "**asp**is" itself means "viper" in Greek. It is believed that the specific type of snake referred to as "**asp**is" in ancient times is what we now know as the Egyptian cobra.

In dynastic and Roman Egypt, the **asp** was considered an emblem of royalty. Additionally, in both Greece and Egypt, its deadly venom was used as a method of execution for wrongdoers who were believed to be worthy of a more honourable death than that of standard executions.

In the stories of Perseus, after killing Medusa, the hero uses winged sandals to transport her head to King Polydectes. As he is flying over Egypt, her blood falls to the ground, spawning **asps** and amphisbaena.

SYNCHRONICITIES CONTINUED

Once again, it is important to write down any moments of synchronicity you experience to avoid forgetting them. Forgetting is a natural part of our system. In 2009 and 2011, I found myself back in Palm Springs, California.

My friend Daryl James is an excellent caregiver. While I was staying with him, he was helping his elderly neighbour, Faye Conrad, who was around **90** years old. Faye's family had left her, and we did not ask why. She was all alone until Daryl discovered her.

Faye Conrad

Faye lived just steps away from Darryl. Later, she went to a nursing home, where she passed away. I remember a time when I went with Darryl to see her before she passed. Even though she did not show interest in me, I still went because I knew she had a crush

on Daryl (even at **90**), and I found their interaction amusing. During our visit, Daryl was holding her hand when she told him that Jesus visited her the night before.

As soon as I heard what she said, I became more attentive and eager to learn more. I asked her, "What did he say?" Her eyes remained closed, and without missing a beat, she replied firmly, "None of your business." I could not help but chuckle at her retort, but the moment was bittersweet because she passed away not long after our visit. Daryl took care of all of Faye's affairs, including the sale of her mobile home.

As I weighed my options for what to do next, I found myself caught in a conundrum. Should I continue to bask in the warm sun of Palm Springs, flopping in the spare room at Daryl's place or move back to Los Angeles with my friend Jane? I liked the West Hollywood/Beverly Hills area, but the traffic was horrendous, which played a key role in my decision of where I was to live and to leave the Los Angeles area finally.

One afternoon at Daryl's, an old man resembling Raggedy Andy knocked on his door. He looked like a cowboy, with a dishevelled appearance, unshaven, and wearing dirty blue jeans and a wrinkled shirt. Despite being obviously drunk and wobbling, he was a charming man who was around **75** years old. Interestingly, he was the person who ended up buying Faye's mobile home after she

passed away. Little did I know how important this person would become in my life.

EDDIE

Mr. Edgar Curtis Klotz, aged **80**, passed away on January 30, **2014**, at his home in Palm Springs, California. He was accompanied by his beloved cat, Rocky. His two dogs, Patches and Duke, were by his bedside. Eddie served in the Air Force from **1952** to **1956** during the Korean War and was honourably discharged after four years of service. He received The National Defense Service Medal and Good Conduct Medal for his service. After leaving the Air Force, Eddie

became a barber and small business owner for **sixty** years in North Hollywood, California. Eddie was a friend who helped young people with their education. His friendships crossed cultural and language barriers, making him a true hero. Eddie was laid to rest at a full honour ceremony at the Riverside National Cemetery.

They called him Eddie. I have dedicated, in part, this book and have referred to him in various chapters. He was a kind and generous man who I came to know and love and look at as the father I always wanted.

Eddie owned Faye's house in Palm Springs through a unique three-way friendship with Daryl and David, whom I mentioned earlier about my trip to Santa Cruz. However, the house remained mostly unoccupied because Eddie lived full-time in North Hollywood.

Upon my return from Hawaii, I was struck by the uncanny coincidence (so I thought at the time) that I ended up living in Eddie's newly acquired mobile home. It was situated at **900 Oahu Lane** in Palm Springs, California. I could not help but marvel at the serendipitous nature of this location - out of all the possible addresses in Palm Springs, I was now living on the very same street that bore the name of the famous Hawaiian island of Waikiki/Honolulu, where I had previously lived. During my time on that beautiful island, I encountered at least one instance of a profound and inexplicable supernatural energy, which made the situation even more remarkable. You can read about it in the chapter A Divine Intervention.

As I got to know Eddie personally, I learned that he also had a keen interest in Egypt. He owned scarabs and native Indian spirit idols, which I placed in his urn when he was interred with a military full honour ceremony at the Riverside National Cemetery.

In an earlier section, I discussed the unpredictability of life and how we can never truly know when or where something will happen. However, I vividly remember an experience from years ago that left a very deep impression on me. While walking home on New Year's Eve **2004 (6 or 8)** in Palm Springs, I saw an incredible image etched into the side of a mountain. It was the profile of a half-man, half-monkey face. I could not help but wonder about its meaning and origin. As I recount in the chapter, I hurriedly took a picture that did not turn out because I zoomed in too close.

Two decades later, while browsing through pictures of the Egyptian sphinx and pyramid on my computer, I stumbled upon an older photograph of the sphinx and pyramid. To my amazement, I realized that the same half-man, half-monkey face that I had seen in Palm Springs so many years ago was actually a part of the sphinx's intricate design. It was a powerful moment of realization that reminded me of the mysterious and interconnected nature of our world. Without a doubt this is the image I saw that night.

profile resembling half-man and half-monkey face!

ALL ROADS LEAD TO EGYPT

I have noted in the early chapters of "Reading Life Backward **2024** Alchemy: A Metaphysical Metaphor and Conscious-Centered Living Calling Everything into Question" about living at 8642 Franklin Avenue in Los Angeles (**90069**), where I experienced my anointment and all the images that appeared on the shower wall.

I lived on the third level – down the stairs.

The homes, from street view, in the Hollywood Hills are very unassuming as they are attached and built to the side of the

mountain. The upper pictures are of the house I lived in from the street view. It was **three** stories high and huge inside.

High above us at **1600** Mountcrest Avenue, Los Angeles, was this pyramid house.

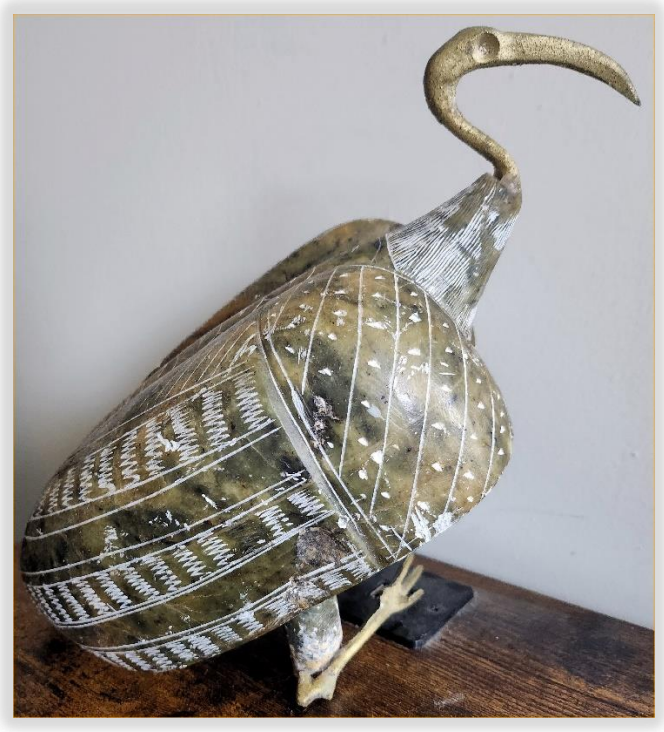
I wonder if the house was overlooking me or "looking over" me.

At the time, in **2008**, I did not recognize the significance of the pyramid shape. I did have an opportunity to meet the owners on an occasion.

The diadem of Tutankhamun features a combination of the vulture and cobra, symbolizing the unity of Upper and Lower Egypt and the spiritual harmony of intellect (represented by the cobra/**asp**) and assimilation (represented by the vulture). The shape of the diadem corresponds to the region of the brain associated with these human faculties. It's worth noting that the form of the serpent's body closely resembles the division between the brain's hemispheres. It

also symbolizes the triumphal union of the faculties of discernment and assimilation, the mark of the perfected or royal man.

As I write this, the stories seem unbelievable even to me. For example, I'm just learning for the first time about the importance of the features of Tutankhamun's diadem (crown) and the relationship between the cobra/**asp** and the vulture.



The sculpture shown above is a soapstone carving of a vulture. I purchased it on a whim one afternoon in Palm Springs in **2014**. I'm not sure why I bought it, as I wasn't actively looking for a vulture-themed item. At times, I've considered selling it or giving it

away, but at the last minute, I always decide to keep it. I just learned about the connection between a vulture, an **asp**/cobra, and Egypt.

How I stumbled upon the book Serpent in the Sky by John Anthony West is just as enigmatic as the synchronicities I discovered within its pages.

In the summer of 2021, I decided to relocate to Ottawa, Ontario, Canada. It was a tough choice, as I had been considering Toronto, Ottawa, and Montreal, the **three** major cities in the southern Ontario area. Ultimately, I chose Ottawa because I wanted to be closer to my aging mother. Despite being **90** years old, she is remarkably independent, driving herself around, managing her bills online, and proficiently using a cell phone for texting and other tasks such as taking pictures and forwarding them and using a Smart TV.

I rented a run-down basement apartment, initially planning for it to be a short-term arrangement while I familiarized myself with the centre-town area. I intended to eventually find a more suitable apartment that would better meet my personal and professional needs. I work from home as a hypnotherapist, naturotherapist, gnostic spiritualist, and metaphysical practitioner.

During my time there, I developed a friendship with the superintendent, Phred. From the moment we started talking, like my conversation with Jim Koresh at the golf course (in the chapter The Coming Home), it was evident that Phred had something important to share with me. This message centred around the existence of the

book "Serpent in the Sky." The importance that Phred particularly emphasized was that West's book was renowned to be a revolutionary reinterpretation of the civilization of Egypt which "challenges all that has been accepted as dogma concerning Ancient Egypt."

While I was immersed in my PhD studies, delving into the realm of conscious-centered living, I thought the book recommendation by Phred would be an excellent addition to my research material. At the same time, I was in the process of re-establishing my hypnotherapy practice in Ottawa. As a part of maintaining my online presence, I routinely kept track of the visitors to my website and their locations. It was on a particularly eventful day, as I was meticulously citing sources for my paper and analyzing website statistics, that I noticed a visitor from Chennai, India, for the very first time. What struck me as remarkable was that the book "Serpent in the Sky" had been printed in Chennai, India. Given my disbelief in coincidences, I could not but interpret this as yet another synchronicity in my life.

In May **2024**, as I sat at my desk jotting down my thoughts, I decided to take a short break and indulge in YouTube videos. As I scrolled through my recommended list, a particular video caught my eye, sparking a sense of curiosity. It left me pondering about the potential existence of other synchronicities, possibly hiding in plain sight.

In the chapter "Triangulation: Back to the Future," I vividly describe a remarkable experience I had on **New Year's Eve 2004**. As I made my way home, I encountered enigmatic glowing figures that captivated both my sight and senses. Additionally, during this same journey, I was astonished to witness a peculiar sight - the half-man and half-monkey, resembling a sphinx situated on the side of the mountain that I described earlier.

Do you notice the similarity between the lights in the photo and the Moai Easter Island heads? Also, does the head chosen for the TV show "Hawaiian Eye" (from which the TV show "Hawaii Five-O" was inspired) resemble them as well? And how does this connect to Egypt? The answer is available all over the internet, showing how these cultures built and aligned their pyramids with the stars. So far, I have yet to discover the significance of the Moai in my life, but I am sure it will become clear soon. Maybe before I finish this edition of "Reading Life Backward (**2025**) Connecting the . . ."

HAWAIIAN
EYE

YET TO CONNECT SYNCHRONICITIES

As I wrap up this edition of "Reading Life Backward 2025: Connecting the . . .," I feel compelled to share some fascinating synchronicities that have been unfolding in my life. While I am unable to establish a direct correlation with past synchronicities at the moment, I hold onto the belief that these occurrences will eventually interconnect to something.

DRIVING FROM LOS ANGELES to PALM SPRINGS

As I made my way from Los Angeles to Palm Springs, I found myself navigating through heavy traffic and rain through the downtown corridor. The rain was relentless, causing the traffic to slow to a standstill. The raindrops, each appearing to hold a piece of sunlight, grew heavier and larger, creating a mesmerizing slow-motion effect. The windshield wipers struggled to keep up with the downpour, adding to the feeling of isolated stillness amid the chaotic traffic jam. At that moment, a sudden feeling of impending doom overcame me, and the old refrain of "Kumbaya" echoed in my mind, evoking memories of a person long forgotten. Despite my anxiety, I eventually made it home without incident. The following day, I learned about the passing of South African President Nelson Mandela. It was unclear whether it was the day of his passing or the day of his funeral, but the nostalgic tune of "Kumbaya" played in the

background, creating an eerie sense of connection amidst the backdrop of the news at his funeral.

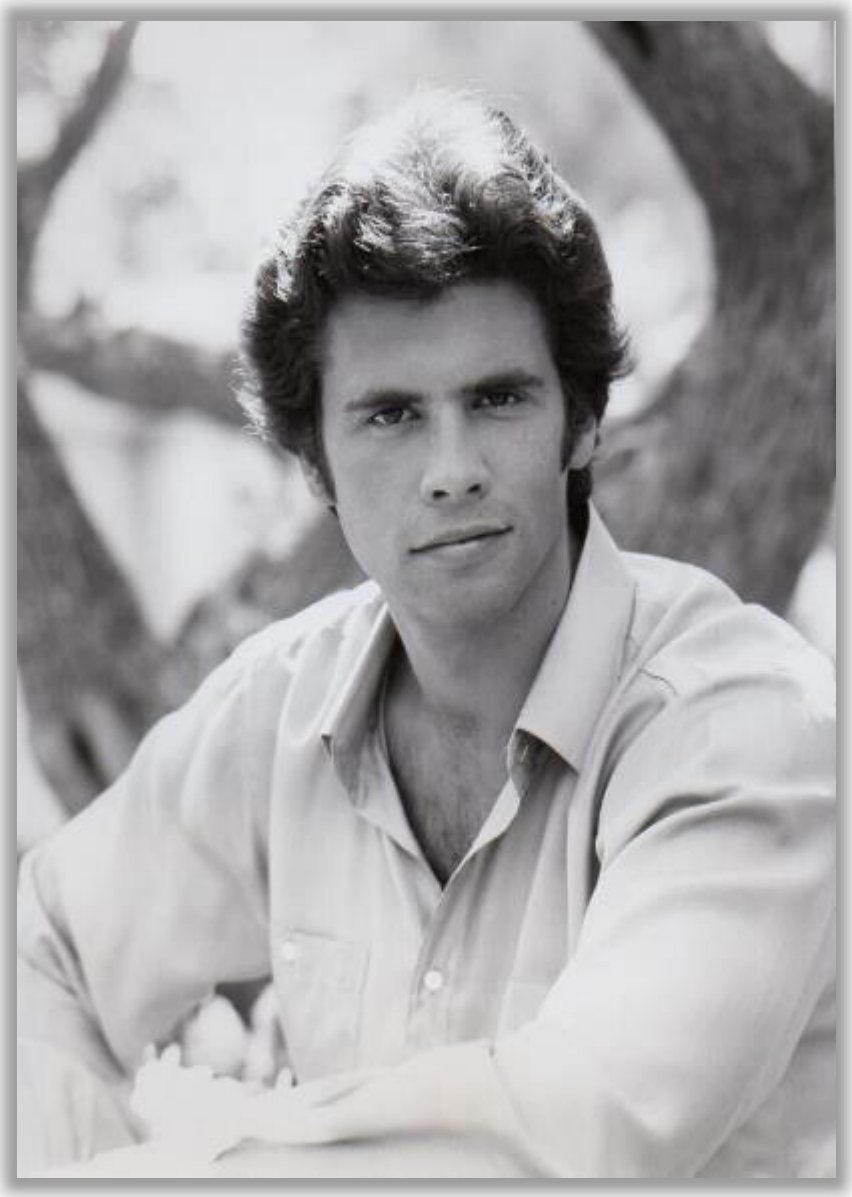
TATTOOS

In the mid-1980s, I was in my mid-twenties and living in West Hollywood, California. This was quite a big change from growing up in the small town of Corbyville, with about 300 people. It's interesting how you never know what will happen in the future.

Back then, just like today, there was a growing trend of people getting tattoos. Even though I've never been one to follow the crowd, I didn't mind the idea of getting a small tattoo because I thought they looked pretty cool. The only question was, what kind of design should I go for?

On a beautiful Christmas day, a few close friends and I took a leisurely walk along the iconic Sunset Boulevard. As we strolled, we unexpectedly came across a tattoo shop that caught our attention. After spending a considerable amount of time looking at various symbols, I was intrigued by the lambda symbol, the eleventh letter of the Greek alphabet. It was interesting to learn that this symbol also has a numeric value of 30. Moreover, it is often associated with concepts of freedom and liberty, which greatly influenced my choice.

When I decided to get a tattoo, it was partly influenced by a television show called Falcon Crest, which featured Lorenzo Lamas. He was seen as very cool and had tattoos, so I thought, "Why not?"



In 2006, I returned to Beverly Hills to work as a business manager for high-profile clients in the entertainment industry, as well as individuals peripherally involved in entertainment.

One of my clients was a well-known Beverly Hills celebrity plastic surgeon to some stars, Dr. Frank Ryan.

The following is how TMZ, a tabloid TV show, reported Frank's death. 8/17/2010 2:05 PM PT

"TMZ has learned ... Dr. Frank Ryan -- a prominent Beverly Hills plastic surgeon to the stars, famous for Heidi Montag's extreme makeover, is dead ... killed in a car crash.

According to law enforcement, Dr. Ryan's Jeep went over the side of Pacific Coast Highway yesterday at around 4:30 PM. The Jeep landed on rocks and lifeguards initially tried to help Ryan, to no avail.

Ryan, who was 50, was trapped in the vehicle and had major head injuries. The Ventura County Fire Department tried hoisting Ryan using a helicopter, but the attempt was called off. Ryan was pronounced dead at the scene.

Minutes before the crash, Ryan Tweeted, "After 25 years of driving by, I finally hiked to the top of the giant dune on the Pacific Coast Highway west of Malibu. It's much harder than it looks! Whew!"

Ryan's last Tweet before he died, "Border collie Jill surveying the view from atop the dune." Ryan posted the picture below with his Tweet. Law enforcement tells us the dog was injured but survived.

Dr. Ryan appeared on numerous TV shows and even performed plastic surgery on the air.

UPDATE: TMZ just received a statement from Janice Dickinson's rep saying, "Janice is deeply, deeply anguished! She is stunned and wants the world to know what a genius Dr. Ryan was."

The rep adds, "He was a friend, and my love goes out to his mother and the rest of the family."

The first-ever supermodel

UPDATE: According to the CHP, Ryan's 1995 Jeep Wrangler veered off the roadway and overturned down a rocky embankment toward the ocean, coming to rest on its roof. Ryan was pronounced dead by paramedics. Law enforcement sources tell us Ryan's dog was found in the ocean and seriously injured. The dog was taken to a local veterinary hospital.

Some of Frank's notable clients included Heidi Montag, Gene Simmons, Shannon Tweed, Shauna Sand, Vince Neil, Adrianne Curry, and Janice Dickinson.

At the Beverly Hills clinic, in addition to traditional plastic surgery services, he also provided tattoo removal. A significant portion of this work was done for charity, especially for former gang members seeking to erase gang-related tattoos. He also provided tattoo removal for regular individuals like myself. Although I didn't have a strong desire to have the tattoo removed (as it was very small and located between my thumb and index finger on my right hand), I agreed to have part of it removed. However, before the process could be completed, the situation changed.

It is a short story but told long. The reason I mention all of this is that one day, while in the office, Lorenzo Lamas walked in and requested an appointment to have a tattoo removed. I invited him into my office and shared my story about getting a tattoo in the 1980s because of him. It was ironic that here we both were, about twenty years later, having tattoos removed. Mine was being

removed in the same clinic where the inspiration to get it was having one removed as well.

As for the photo I chose to represent Frank, it's because I organized that photoshoot with renowned Los Angeles photographer Matthew Mitchell. (https://matthewmitchellfoto.com)

Frank was nearing his 50th birthday, and I was tasked with arranging the celebration at his Bony Pony Ranch in the Malibu Hills. After the party, I stopped working for Frank as he went on to join a prominent public relations and business management firm that represents celebrities like Michael Jordan.

While I was working for Frank, he would often send me very long text messages while driving. I remember asking him once how he was able to type so much while driving. He chuckled and joked that it was a talent. I distinctly remember warning him that he should stop or else he'd drive off the road. I knew the roads well as I had been to his home many times, and they were narrow, steep, and in

poor condition. He just chuckled. And yes, I knew Jill, his border collie.

In the bustling city of Montreal back in 2004, I stumbled upon a remarkable piece of art. The artwork portrays a figure, possibly a woman with an Asian heritage, tenderly embracing a baby. Its ambiguity intrigued me; I couldn't discern whether the figure was a woman or a man, adding to its enigmatic allure. The circumstances of how I got hold of this artwork have faded from memory, but its message of universal love and acceptance remains vivid.

Before leaving Montreal to return to the U.S. in 2004, I made a deliberate effort to ensure that the artwork was carefully preserved and not discarded. Recognizing the value of the piece, I decided to offer it to my neighbour, Steve Andrew, who happened to be an artist himself. Steve also later visited me in Hawaii in 2008, although we haven't had any contact since then.

Sometime later, I really don’t recall, I was watching an episode of the original Star Trek series starring William Shatner (Captain James T. Kirk) and Leonard Nimoy (Mr. Spock) 1966-1969.

In the episode "Assignment: Earth," which is the last episode of the second season of the American science fiction TV series Star Trek, there is a scene featuring a man holding a black cat, and the cat's name is ISIS. In the background, there is a piece of artwork hanging on the wall depicting a person who appears to be of Asian descent embracing a child. The colours of the garments worn by the individuals in the artwork are predominantly orange.

This is the same (if not the actual) piece of artwork I left with my friend Steve Andrew in Montreal in 2004. Even the frame appears to be the same. Now, if I were living in Burbank, I would not be surprised because many people own props from movie and TV sets in the Los Angeles area. But the thing is, I want to live in Montreal. I noticed this years later when I was watching the episode and noticed the background (of a 1968 TV show). What are the chances?!

In 2021, while working remotely in Ottawa, I used to have the television playing for background noise. I enjoyed watching an older TV series from the 1960s called "That Girl," which was a sitcom that aired on ABC from September 8, 1966, to March 19, 1971. The show starred Marlo Thomas as the title character, Ann Marie, an aspiring actress who moves from her hometown of Brewster, New York, to pursue her dreams in New York City. Ann takes on various temporary jobs to support herself between auditions and bit parts. The sitcom was funny and lighthearted, but it also challenged the conventional wisdom and stereotypes of that time. It was one of the first sitcoms

to focus on an unmarried woman who was not a domestic or living with her parents, a forerunner of The Mary Tyler Moore Show (1970-1977).

Interesting? Yes, perhaps. But how does it relate to synchronicity, Hermeticism, gnosis, reincarnation, or the Sacred Secret?

The picture below is considered to be a study of a head c. **1510** by Michaelangelo—a preparatory drawing for the heads of the ignudi on the Sistine ceiling. The word ignudi comes from the Italian adjective nudo, meaning "naked." Michelangelo adopted the name "The Ignudi" for his 20 figures, giving it a new art-historical context.

Study of a head, c.1508-10, Red and black chalk with pen on metal point. British Museum, London.

A preparatory drawing for the heads of the ignudi on the Sistine Ceiling.

When time allowed me, I would take a minute or two and watch the television for a mental break. During one of these breaks, I noticed in the background, hanging on the wall, the Michaelangelo drawing Study of a Head (see picture in the background with Marlo Thomas talking on the phone).

The artwork on the left is Michaelangelo's Study of a Head. It is my own piece, displayed in an old metal frame with cracked glass. The print has come loose and hangs crookedly in the frame. Despite considering reframing it, I ultimately decided to leave it as is. I have owned the artwork for a long time, and although I can't remember where I got it from, it holds sentimental value for me. Although it may not be the same as the one in the television series, I ask, "What are the chances?!"

The last observation may seem out of sync, but it's something I couldn't help but notice. There were two businesses located diagonally on the corner of Metcalfe and Nepean Streets in Ottawa. The first was Pico Pizza, and the second was Indigo Parking.

I've had innumerable jobs in my life, and that's not an exaggeration. Let's list them as "Pi jobs." The universe had plenty to choose from for this story. Pico holds significance because my friend Bob Morelli owned the pawn shop in Los Angeles, Pico Union Pawn Shop. He also owned the house I lived in at 8642 Franklin Avenue, where I had my first significant spiritual enlightenment and anointment. I used to visit the shop frequently and even worked there for a bit. Bob and I had been friends since the mid-1980s. I first met him and Jane at the same time when I rented a room from the first home they bought together as business partners.

Bob Morelli, Diamond Head, Waikiki Hawaii 2006

Secondly is “Indigo.” When I was living in Honolulu, when I experienced my “Divine Intervention” (see the chapter Divine Intervention), I worked as a Comptroller for Honolulu’s most celebrated restaurant – Indigo. Both of these jobs hold significant emotional and spiritual imprints on my life.

Renowned Chef Glenn Chu, Indigo Restaurant Honolulu, Hawaii

REMEMBER:

A synchronicity is a synchronicity, no matter how small.

TAKE NOTE OF YOUR CHANGES AS THEY HAPPEN

Being aware of changes before they affect your daily life has its advantages. It allows you to make necessary lifestyle adjustments rather than ignoring the signals and waiting until your life feels like it is falling apart. Embracing these changes in feelings and thoughts as they occur will lead to a smoother and more rewarding experience of awareness.

Here are examples of my firsthand experiences:

Headaches and migraines, along with feeling fuzzy-headed, may indicate that your brain is forming new neural pathways. You are creating new thought patterns. The more you embrace these changes without resisting them, the easier this process will feel. Make sure to stay hydrated and get plenty of rest, especially during major cosmic events.

Spiritual Flu: This can manifest as a combination of various physical symptoms, resembling flu-like illness, but without actually being physically ill. It is more of an energetic sickness that typically lasts for **24** hours, commonly known as the **24**-hour flu. During this time, it may feel as though a spiritual fire is rising within you, purifying and eliminating any toxic energy in your cells, elevating them to a higher, more refined vibration.

As your energy level increases, you might notice that people overlook you or walk into you, even during group discussions. Do not be discouraged by this. It is just that they are unable to notice your presence. When this happens, do not be discouraged. You will notice a greater separation on more levels. Get used to it.

When you experience high-vibration sounds in your ears, it may feel like a tuning fork being struck in one ear or the other. A high-vibration sound slowly tunes in and then out. This sensation does not hurt and occurs randomly; it is different from tinnitus. These sounds represent the way your energy body absorbs high-vibration information. Consider that all is sound, and these sounds are actually instructions for your next steps. You may not be able to understand the messages immediately, so take a moment to pause, allow them to absorb, and say, 'Thank you.' This phase will pass, and you will gain greater awareness and clarity once it is over.

Dizziness can occur during significant cosmic events such as solar flares, eclipses, and supermoons. To regain stability, ground yourself grounding your feet and connecting with the Earth for sustenance. Visit Earthing.com for products that can help you get grounded. Let them know you heard about their products from “Reading Life Backward.”

The Thymus gland - the sensation of thymus fluttering, sometimes felt as heart palpitations is a result of your thymus gland, which is considered your gland of spiritual awakening. It is shaped

like a butterfly and is located over the sternum in the middle of your chest. You can ground yourself by tapping it with your two middle fingers, as it tends to flutter when you are experiencing spiritual growth. This sensation can often be mistaken for heart palpitations or skipping a beat. It comes and goes, especially when your high heart (the energy center of the thymus) is expanding. The vagus nerve, which runs down the side of the neck, is also connected to the heart. When stimulated, for example, when your neck becomes tight due to resistance to incoming life changes, it can awaken the heart's energy field and lead to an expansion or fluttering of greater awareness. I recall in **2004** when I was experiencing great spiritual growth, my vagus nerve was so affected that it felt as though my head was resting on a pin and at any moment would fall off.

When tears flow, and you feel overly emotional, it may be a sign of your heart field expanding and your empathic skills developing. This flow of tears represents water cleansing and clearing old, stuck energy from your body, which is a positive sign. If you feel overwhelmed, you can ground yourself by stepping outside barefoot into nature and allowing the natural outdoor energy to reset you.

As you progress in your spiritual journey, your heart's energy center will expand, creating a greater field of compassion around your body. You will become more sensitive to others' emotions and the energy of your surroundings.

As your heart's energy center expands, you may experience sporadic shortness of breath. This is a sign of your energy field growing. To cope with this, deep breathing using your diaphragm to fill your stomach can be beneficial. It helps you manage the shortness of breath and return to regular breathing, aiding in your overall stability.

Are you struggling to get a good night's sleep? This is a common experience when you are navigating significant changes and needing guidance on where to start. You might find yourself constantly pondering over potential issues and solutions. It is important to remember that sleep is not just about resting your body but also about processing the events of the day. To promote better sleep and physical rejuvenation, consider incorporating meditation or spiritual reading into your bedtime routine. These practices can provide deeper insights and promote relaxation, aiding in a more restful sleep.

The experience of waking up at **3:00** am is a time when your soul becomes active. This period is believed to make your mind more receptive to hearing the voice of your soul, leading to greater clarity as your mind is quiet. If you wake up during this time, it is suggested to meditate, write down your thoughts, and then go back to sleep. This practice can help you understand that your dreams may carry prophetic messages. People may even have an out-of-body experience and be conscious of life continuing outside of their

physical body while in the dream state. People may find that they require less sleep and feel energized, excited, and motivated. Remember, your inner voice is valid and should be listened to, understanding and validating your unique experiences.

Emphasize that your well-being is in your hands, especially during intense cosmic energy shifts. Neglecting your physical body can be detrimental, leading to lethargy. Prioritize your diet during ascension mode, choosing high-frequency (fresh, plant-based foods) and water. Be mindful of processed foods, as they can be over-consumed in an attempt to feel good. Remember to move your body daily and apply what you are learning about your reality each day. Your self-care is crucial in navigating these changes, empowering you to take control of your health.

Sore muscles and joints may be caused by the release of old, toxic energy from your cells. During powerful planetary alignments, it is important to move your body to help assimilate higher vibrations. If you do not, the energy can become stuck and lead to painful muscles and joints.

Clarify the concept of wings of light and its physical manifestations. Right in between your shoulder blades is where your 'wings of light' are located. These are not physical wings but a metaphor for your spiritual energy field. As you further develop your light body and spiritual energy field, you may experience tightness and itching in the upper back area, as well as a heaviness in your

shoulders. Once unfurled, you will feel an elevated lightness in your upper back and the ability to rise above and see the bigger picture of all. This can take time to achieve, so be patient and trust in your spiritual journey.

If you find yourself dropping objects and feeling clumsy, it may be a sign that your usual ways of doing things are no longer effective. This could be a signal that it is time to change your approach, focus more on the present moment, and avoid getting distracted by too many things at once.

Anxiety is a common response to these changes, especially during periods of intense cosmic activity. If you are sensitive to others' energy fields, redirect your focus to your own energy field instead of extending it outwards. This can help you maintain your own energetic balance. Remember, it is important to discern between your energy field and the field of others. By practicing this awareness, you can better manage your anxiety and maintain your well-being.

When you become more self-aware, you may experience loss of memory. This is because you become more focused on the present moment rather than the past. As a result, you might struggle to remember what you did earlier in the day. No, you are not experiencing early Alzheimer's. High-vibration energy keeps you in the present moment, where all power and potential exist.

The desire for liberation can manifest physical symptoms. If you have been feeling adrift for some time, you might experience a strong impulse to overhaul everything at once and liberate yourself from old constraints and patterns. Take practical steps each day as you feel appropriate. Making gradual progress towards positive change can have a significant impact and help you feel more comfortable with your yearning for freedom.

As you gain a deeper understanding of your spiritual self within the context of your human experience, your connections with others will naturally devolve. People close to you might notice a change in you, and that is because you truly have changed. Your heightened awareness makes it difficult to continue pretending, and you may find yourself having to communicate your inner truth to others or give them space as they adapt to your new perspective.

Anticipate that certain relationships will deepen and flourish while others may require careful consideration or potential closure. Be prepared for potential feelings of confusion, envy, and even open hostility from others. Individuals may find it challenging to accept your progress as they grapple with their own feelings of being stagnant.

When you begin to wake up, you will not be able to resist the conscious path of authority, integrity, and spiritual excellence. As a result, higher expectations are set for you every day and, eventually, for those around you. You will feel pressure to meet these

expectations and also expect the same from others. However, with time, you will realize that everyone is at various stages of personal growth, and your expectations of others will decrease. Instead, you will focus and accept changes within yourself first, and then you will see others being influenced naturally. This is when spiritual wisdom and maturity will become apparent.

The profound yearning to unearth your life's purpose often intertwines with a deep-seated longing for freedom and can also stem from a sense of discontentment with your current career path. One of the significant outcomes of spiritual growth is the unrelenting inner guidance urging you toward your unique reason for existing on Earth in human form. This inner guidance can manifest as an intense and unshakable desire to recollect your true essence and to comprehend the profound significance of your presence here.

Looking back on my self-discovery journey, I remember the strong feeling that pushed me to go vegetarian. It started as an experiment but soon became a big part of who I am. I can only imagine eating meat now. The changes in my diet have helped me grow spiritually, become more empathetic, and develop deeper compassion.

As you deepen your awareness and contemplate your life experiences, you may begin to question the teachings you have received, feeling as though they were misleading. However, it is not that they were untrue; rather, there is a need to connect with the

profound complexity of multi-dimensional existence. Your expanding consciousness allows you to perceive how your intentions and decisions shape your reality, emphasizing your accountability for the direction of your life. This realization leads to a sense of personal freedom and empowerment.

After experiencing periods of heightened energy, you may have days when your energy feels lower. These lower periods are known as assimilation periods. Like working out a muscle with weights, after pushing yourself, you need to rest and allow for growth. Spiritual growth works in the same way. So, on slower days, you are not really feeling low; you are just assimilating your changes and growth before getting ready to expand again. Remember the principles three and five of the great truths of Hermeticism that are noted in the Kybalion:

> **Principle 3 Vibration**: nothing rests; everything moves; everything vibrates.
>
> **Principle 5 Rhythm**: everything flows out and in; everything has its tides; all things rise and fall; the pendulum swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.

As I conclude this edition, you may have noticed that some numbers were printed in bold. These numbers correspond to the frequency of appearance of the numbers 3, 6, 9, 7, 8, and 10 in my birth charts and how often they show up in various aspects of my life. What are your numbers?

“I don't believe that the brain generates consciousness. I believe that the brain is more of a receiver of consciousness.”

—Graham Hancock

"Science is not only compatible with spirituality; it is a profound source of spirituality."

— Carl Sagan

"People will do anything, no matter how absurd, to avoid facing their souls. One does not become enlightened by imagining figures of light but by making the darkness conscious."

— Carl Jung

"You are an explorer, and you represent our species. The greatest good you can do is bring back a new idea because the absence of good ideas threatens our world. Our world is in crisis because of the absence of consciousness."

—Terence McKenna

"I will not let anyone walk through my mind with their dirty feet."

—Mahatma Gandhi

"Consciousness cannot be accounted for in physical terms. For consciousness is fundamental. It cannot be accounted for in terms of anything else."

— Erwin Schrödinger

"Consciousness is only possible through change; change is only possible through movement."

— Aldous Huxley

"I tell you solemnly that I have tried to become an insect many times. But I was not equal even to that. I swear, gentlemen, that to be too conscious is a real thorough-going illness."

— Fyodor Dostoevsky

"Consciousness is an intelligence beyond your physiological and psychological structure."

— Sadguru

“So let it be written, so let it be done.”

— Ramesses II The Ten Commandments

Remember & Honour those who have impacted you the most!

If they are still living, call them today!

IN MEMORIAM

Two amazing women that I had the pleasure of knowing.

Janet (Jenny) Hamilton-Baillie Ross

April 17, 1922 – February 2, 2022

Carla Donnerstag

May 8, 1934 – September 17, 2010

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YOU ARE THE RIVER!

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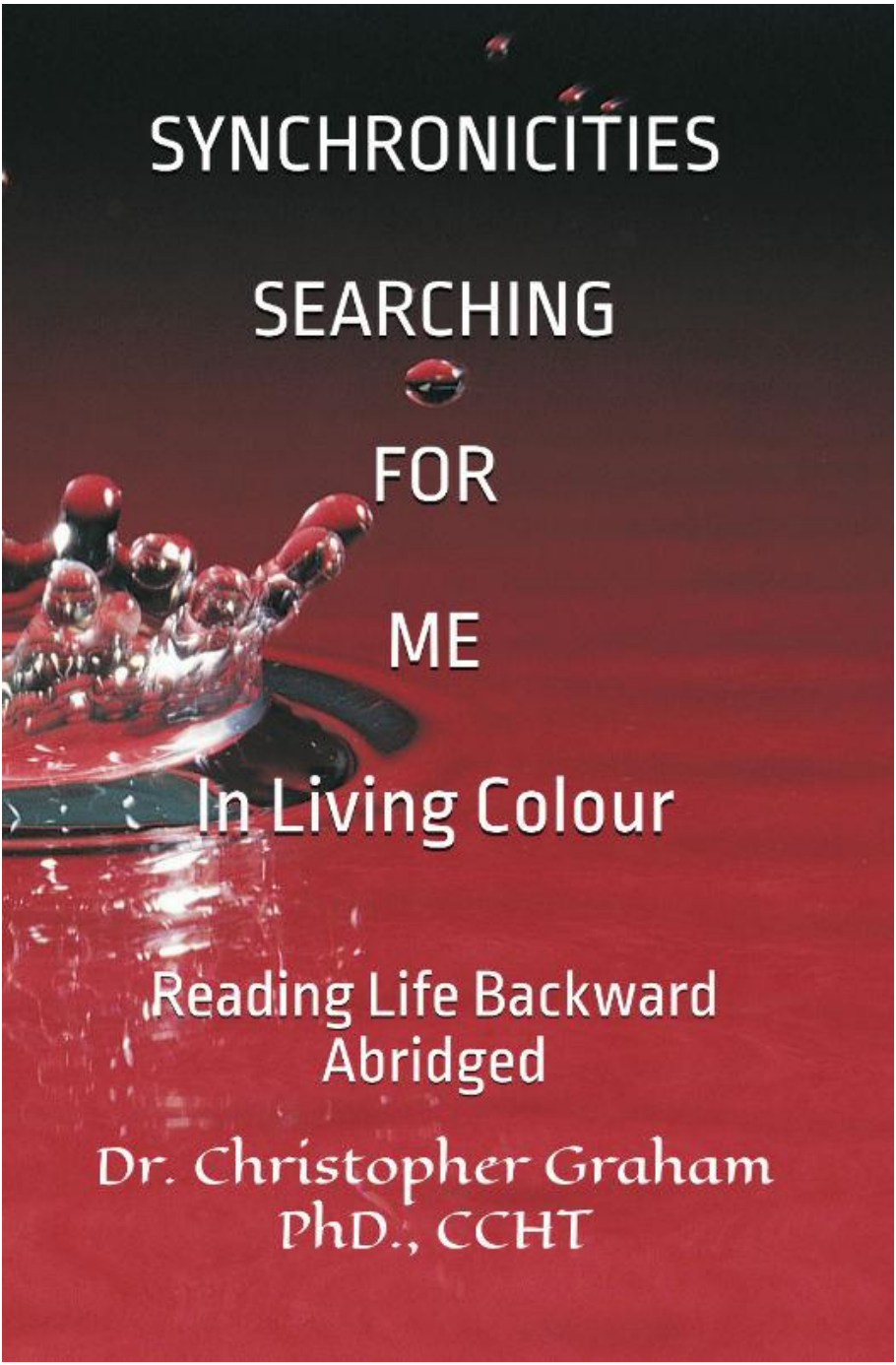
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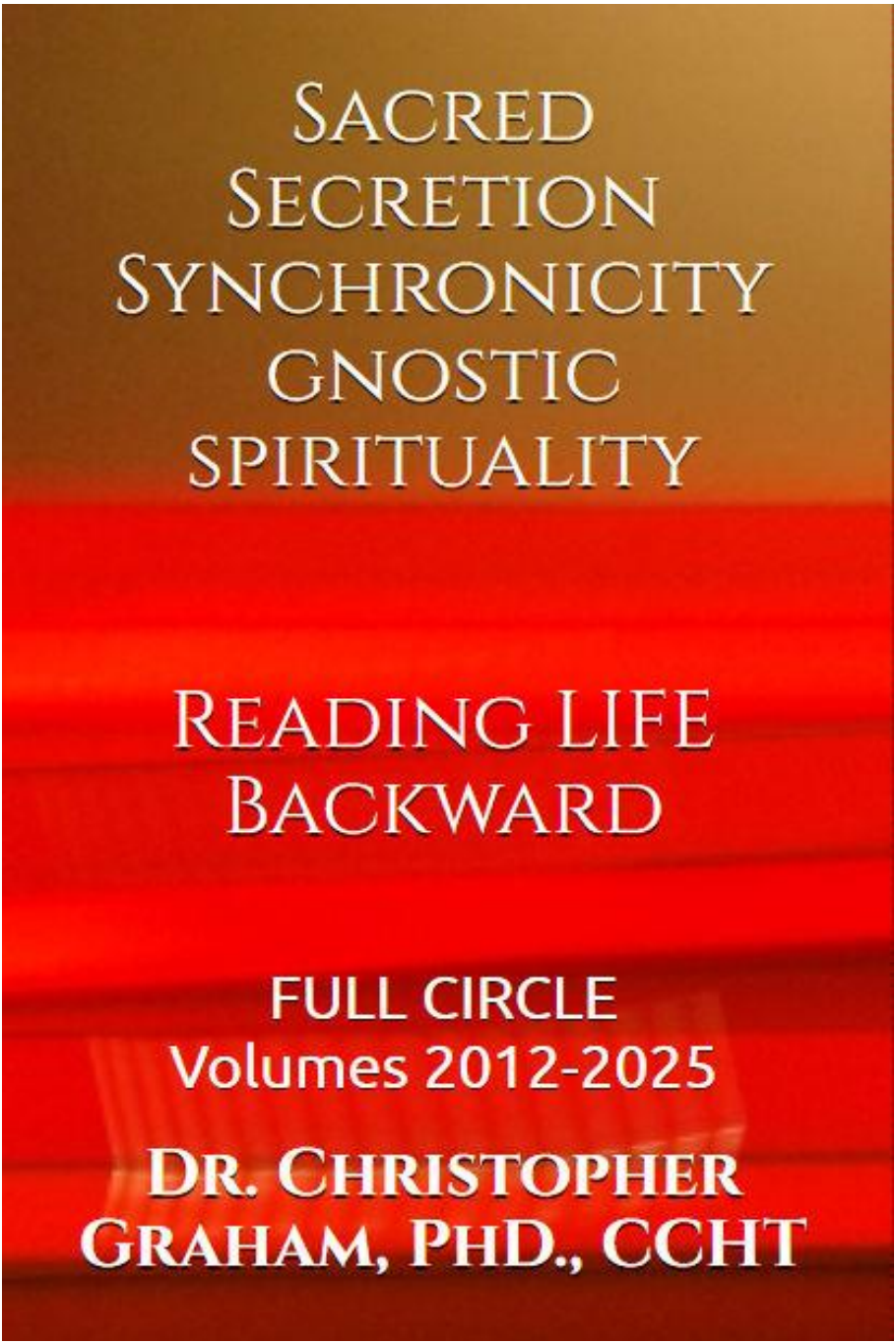
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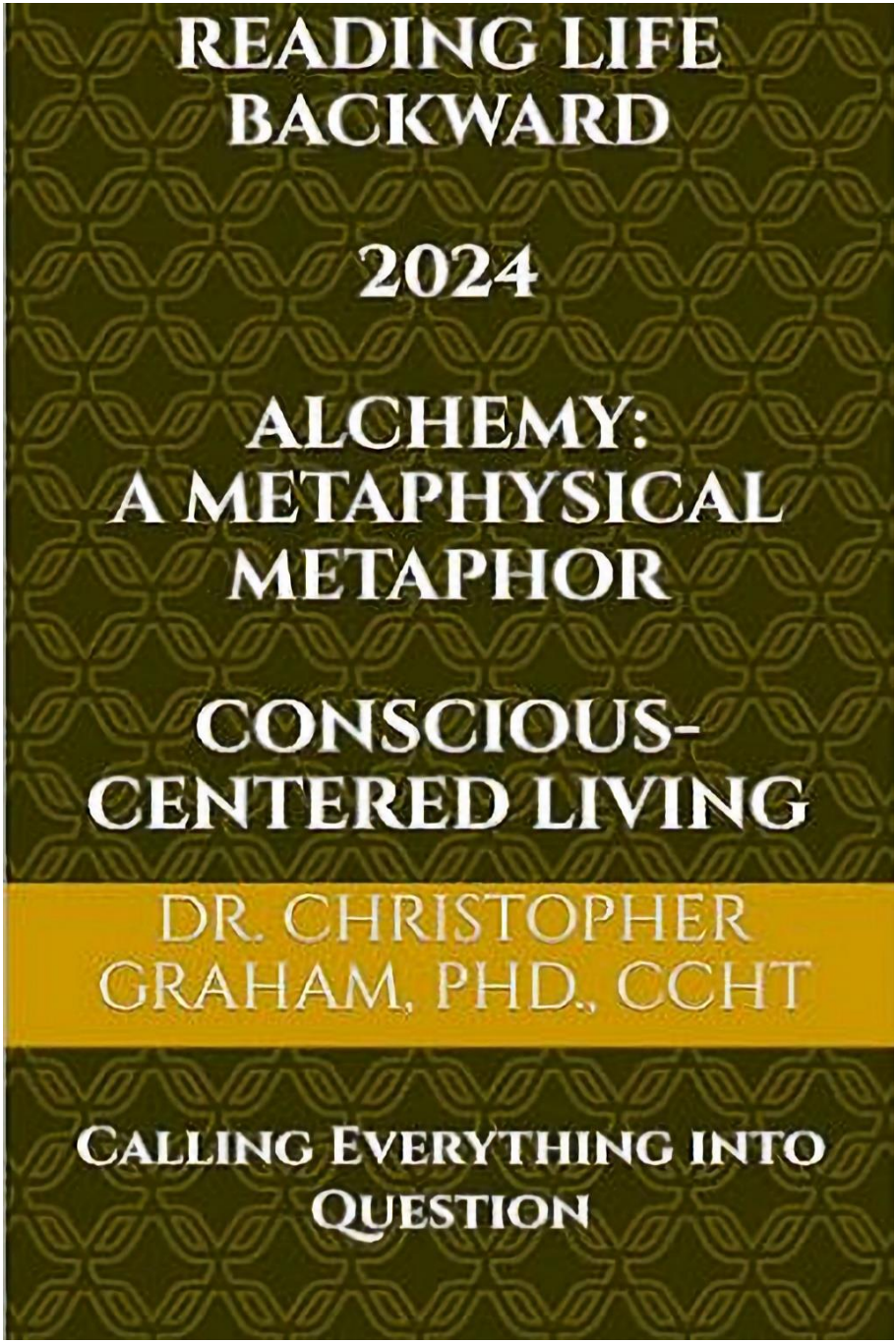
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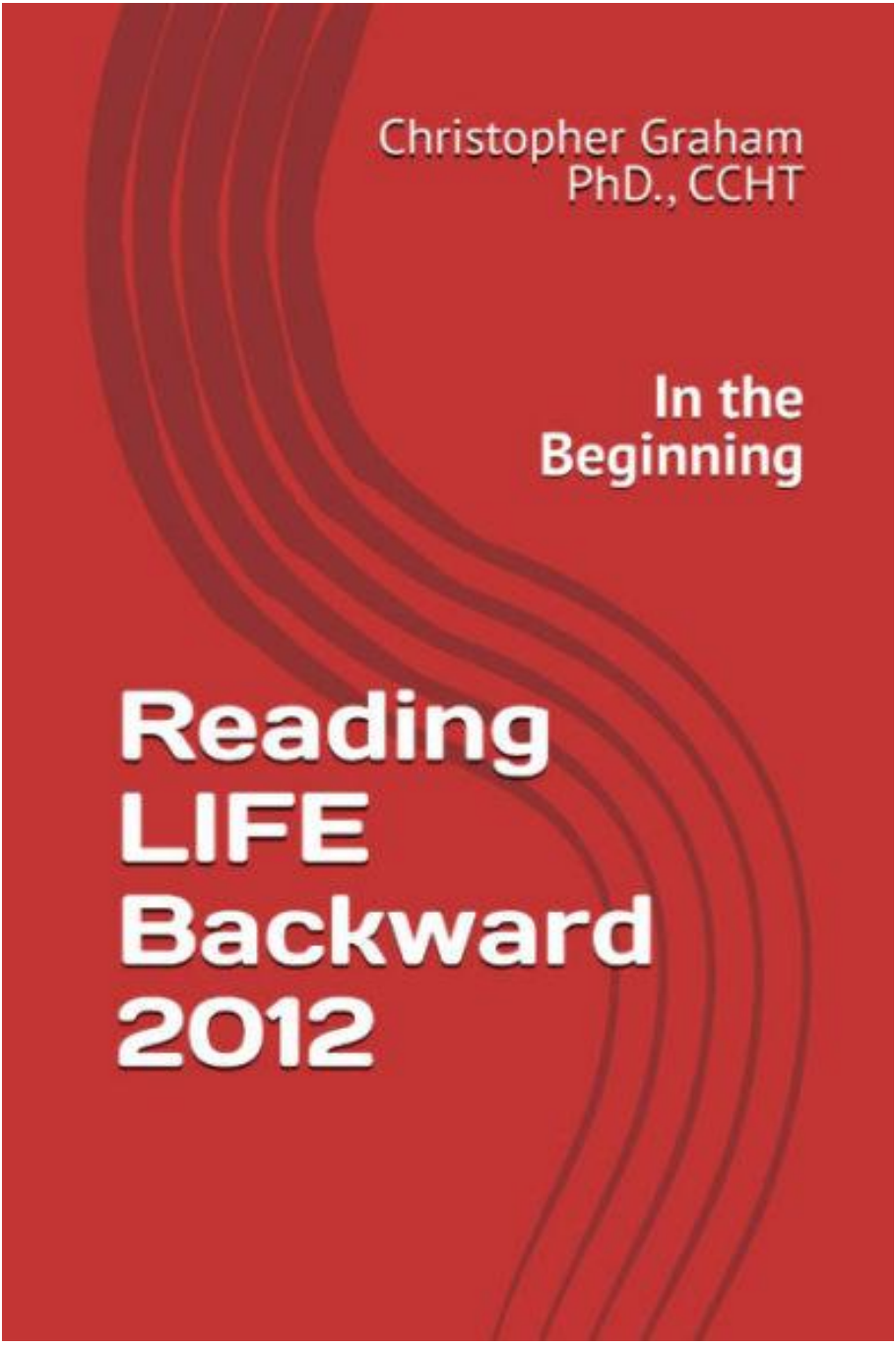
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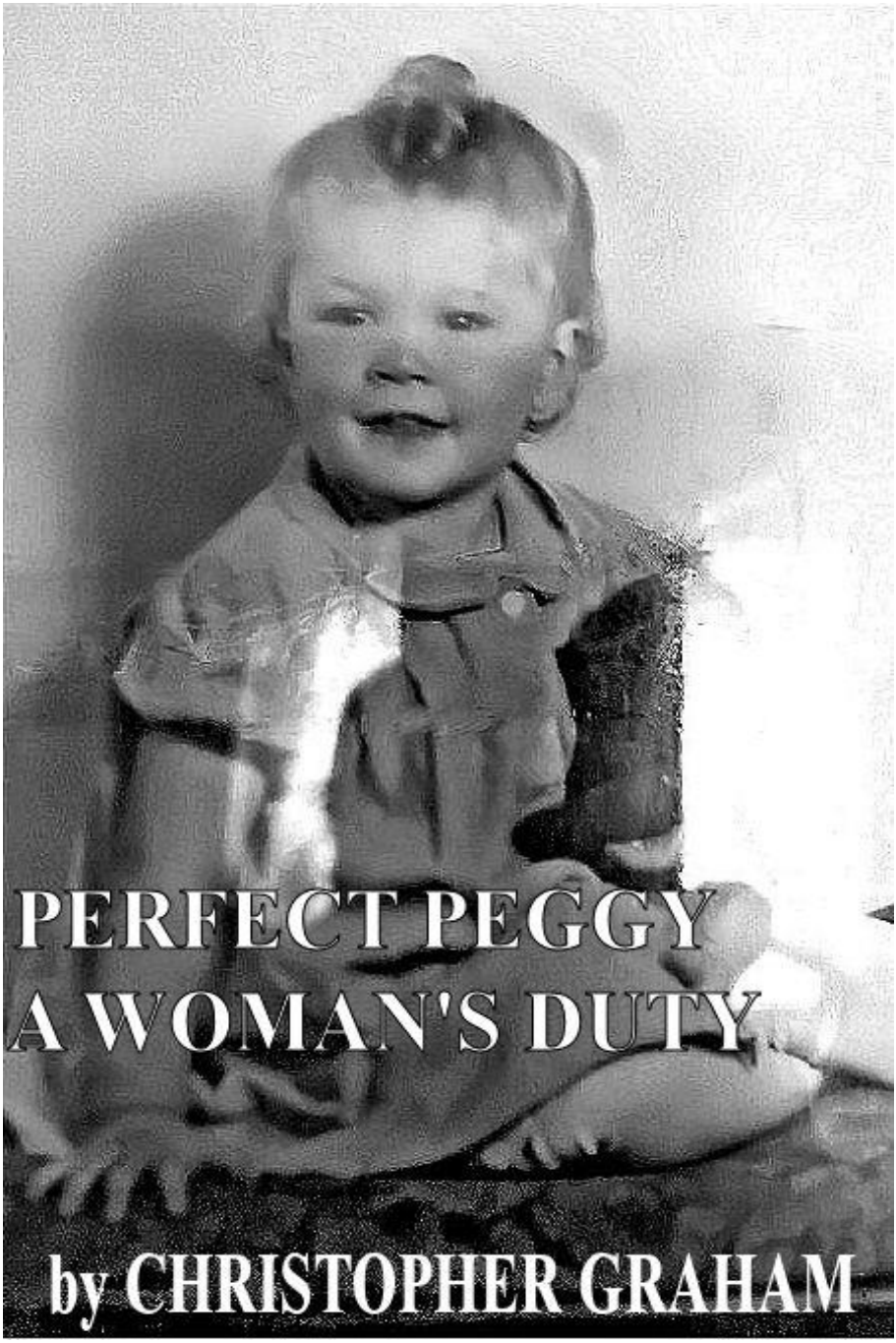
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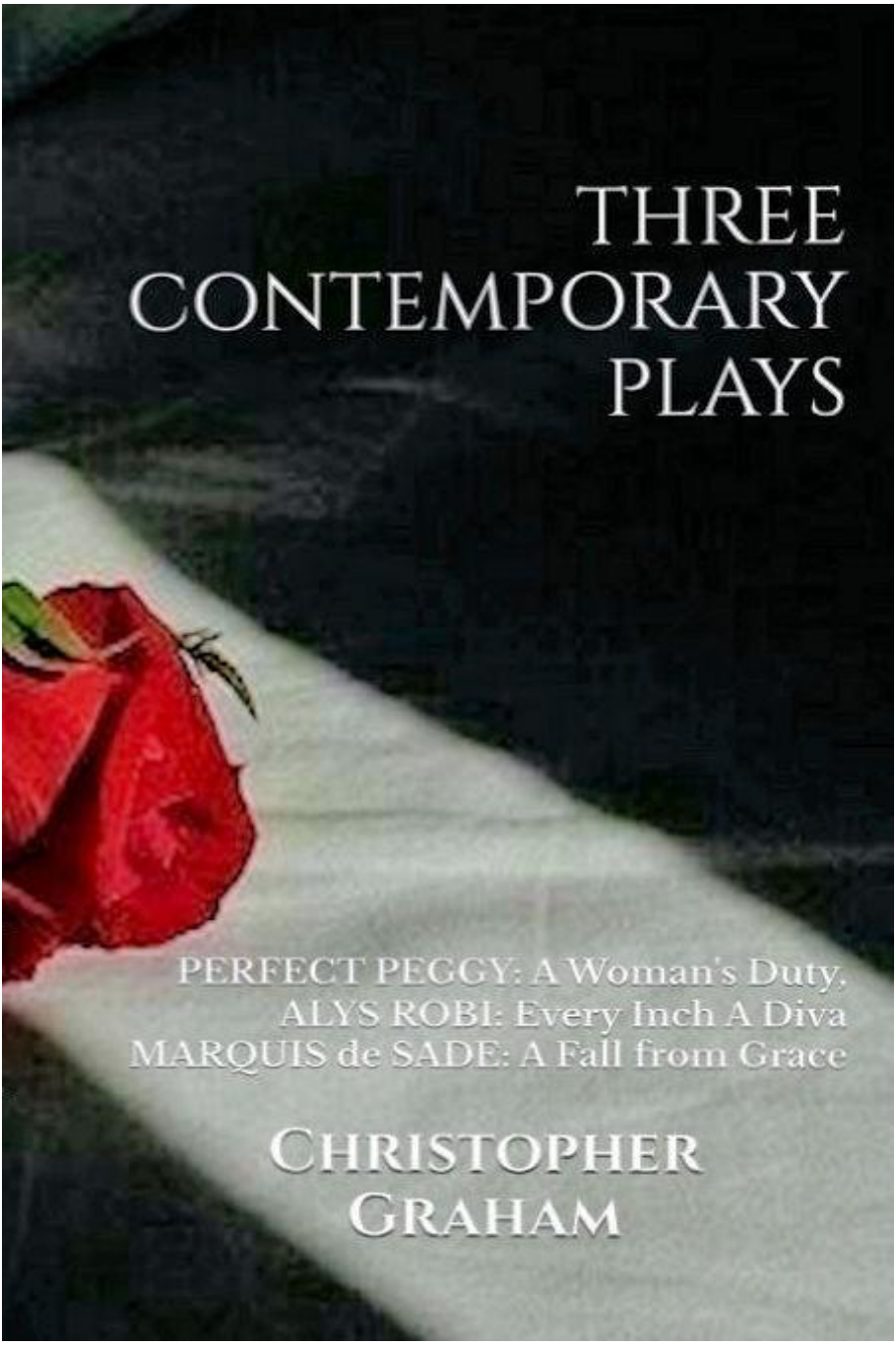
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